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The Boston Cooking-School Magazine

OF

Culinary Science and Domestic Economics

VOLUME XXVI

JUNE-JULY, 1921 — MAY, 1922



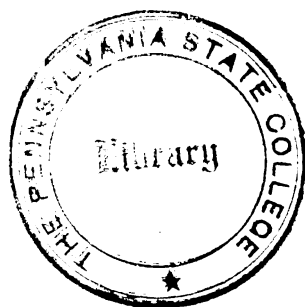
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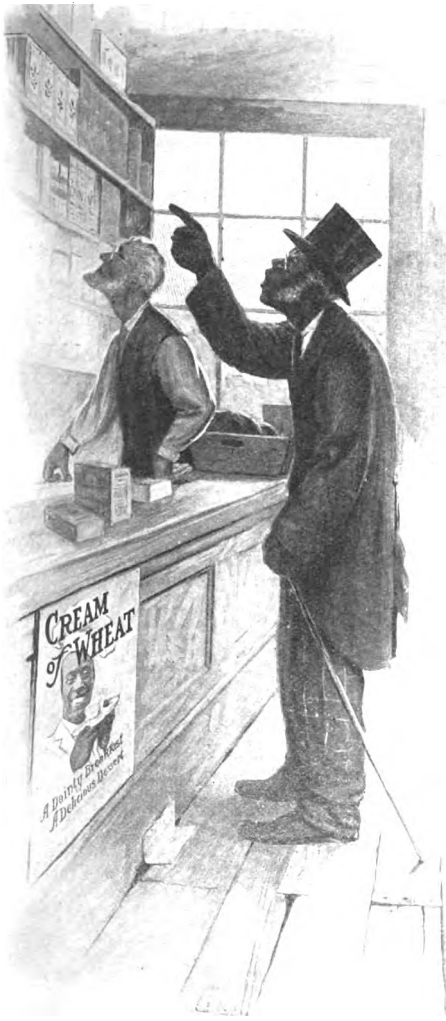
THE BOSTON COOKING-SCHOOL MAGAZINE COMPANY

POPE BLDG., 221 COLUMBUS AVE., BOSTON, MASS.

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AMERICAN COOKERY

Vol. XXVI

JUNE-JULY, 1921

No. 1

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\$1.50 A YEAR Published Ten Times a Year 15c A Copy

Foreign postage 40c additional

Entered at Boston post-office as second-class matter

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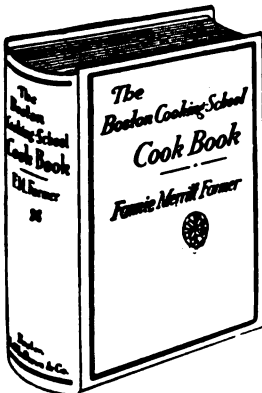




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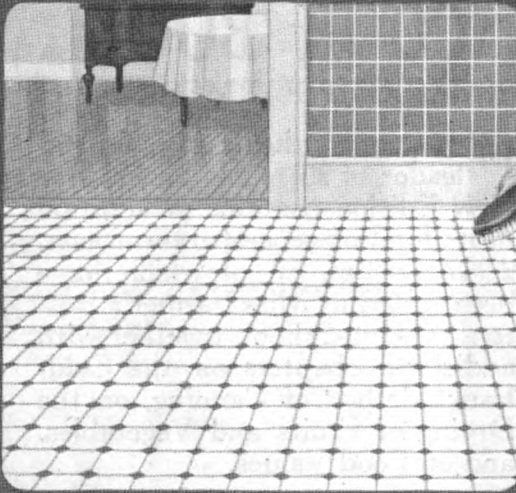
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I get three meals, darn porous heels,
And wash small hands and ears.
I rip and press and turn a dress,
And banish wee ones' tears.

And still I smile — for all the while
Beyond my busy hands
My house of dreams, dear, shining dreams,
Just 'round the corner stands.

And still I sing while fancies bring
Those fair white portals near.
There's leisure there and wealth to spare,
And music rare to hear.

And so I sew and make things go,
And laugh, and sing, and pray
That when I see that house I'll be
As happy as today.

Mabel Louise Brightman.



PLANTS ON WINDOW SEAT IN BREAKFAST ROOM

American Cookery

VOL. XXVI

JUNE-JULY

NO. 1

The Attractive Corner

By Margaret Ryan

IN the spring or fall when the house mother rehabilitates the rooms of her house, she may turn her thought to the fitting up of attractive corners. This part of a room is naturally cold and geometrical, almost impossible to make home-like and yet, carefully worked out, the most uncompromising lines and spaces can be transformed into most alluring and decorative bits of the room.

The error in many of our American homes is that we are far too content to fill spaces with inconsistent imitations, which, cheaper than the genuine, are in poor taste. The error is to choose what is smart without thinking out its fitness and adaptability to our own particular needs. We do not realize that, in so doing, we lose the delight of producing, through honest study, decorative bits that are worth while.

This can apply in houses where the most elaborate surroundings are shown and also in the modest home, for in the working out of the decorative scheme that is individual, we can make it fit our pocketbook. Built-in furniture has been used as it is space-saving, yet there are many ways of utilizing the space other than this, for different corners demand different treatment, and it depends upon the part of the house you are considering as to what shall be done with it.

The first thing to be considered is the background; necessarily this differs with the location and purpose of the room. In a remodeled house it should have the colonial note; the walls should be hung with a light neutral tint in accord with the white woodwork. A brave use of

color can be worked out by pictures and the introduction of scarlet geraniums, well placed on the window sill. There is a temptation to over-drape the windows through the use of fussy curtaining. This is entirely wrong and should be avoided. Cotton voile or Dutch Swiss muslin are appropriate and, if you desire to work out the true Colonial idea, a braided rug should be placed on the floor. That the furniture be of the right period for uniformity in furnishing is a necessity, everything being on the same scale and in harmony with the color-scheme.



CORNER IN A FARM HOME



PICTORIAL WALL PAPER IN HALL

The library, which is essentially the man's room, can have built-in furniture. This should follow the woodwork used in the room. Old English oak, mahogany, or gum wood are all admissible; the latter can be stained to represent, as nearly as possible, the wood used in Colonial days. Proper grouping is what makes the corner attractive and great

care should be taken that the pieces be well related to each other, thus making it a livable sort of place, a spot where one feels good taste has supplanted the extreme. The furniture should be comfortable and the table, lacking in bric-a-brac, with ample provision for magazines. As for the floor, either hard wood or a tile surface is correct. The use of rugs is admissible, but they are so apt to curl up that many people prefer to do away with them.

In many houses all the space that can be allotted to a man is nothing more than a den, but individual problems can be carried out, taking the limited space into consideration. It is a very clever idea to have a built-in bookcase of wood, using the same wood as that of the wainscot. This can be built so as to take in the space between the door and the inner wall and should reach to the ceiling. For a writing table it can be broken in the center and the part underneath can be planned for drawers on the one side and closets on the other. Here the lighting is better, if single fixtures can be inserted on either side of writing desk. This



ATTRACTIVE FOR CHILD OR ADULT

throws the light down and saves strain on the eyes. There should be uniformity in the furnishing, that is, if you wish to have the illusion of space even in contracted quarters.

The hallway has well been termed the keynote of the house. It is much more attractive where it is broken than where it extends straight through the house. There should be an insistent simplicity that demands its beauty in one comprehensive glance. Yet, it should be arranged so invitingly that one is tempted to linger; all the more, if there is an unmistakable note of hospitality worked out, no matter how unpretentious or imposing the architecture. The size and shape should be taken into consideration as well as the lighting.

A large hall lends itself to decorative schemes better than a small one. In the former, corners can be worked out at the sides of the fireplace, and, if possible, a window should be introduced that is ornamental in its design. This should correspond with the type of architecture, as for instance, in a Dutch Colonial

house, the window should follow the same period. Designed properly, it should show heavy mullions and small panes. The draperies should not be heavy but of plain material hung next to the glass, and reaching to the floor. For wall treatment the broad hall allows for pictorial paper, or it can be hand-painted on textile, while for the long, narrow hall, ending with a staircase, it should be either of one tone or white woodwork. Tile floors are much more fashionable than hard wood; they can be used in two colors or a solid color laid in white cement.

The furnishing is an important feature, for here so few things are usable. The old-fashioned clock is always in place, for a corner can be introduced under the winding staircase and many architects affect torchères for lighting purposes. A wall fountain, or receptacle for plants, is admissible. Nowhere is there a greater need for carefully balanced and symmetrical grouping of furniture, and if the house owner co-operates with the architect in carrying out his ideas, the right results can be produced.



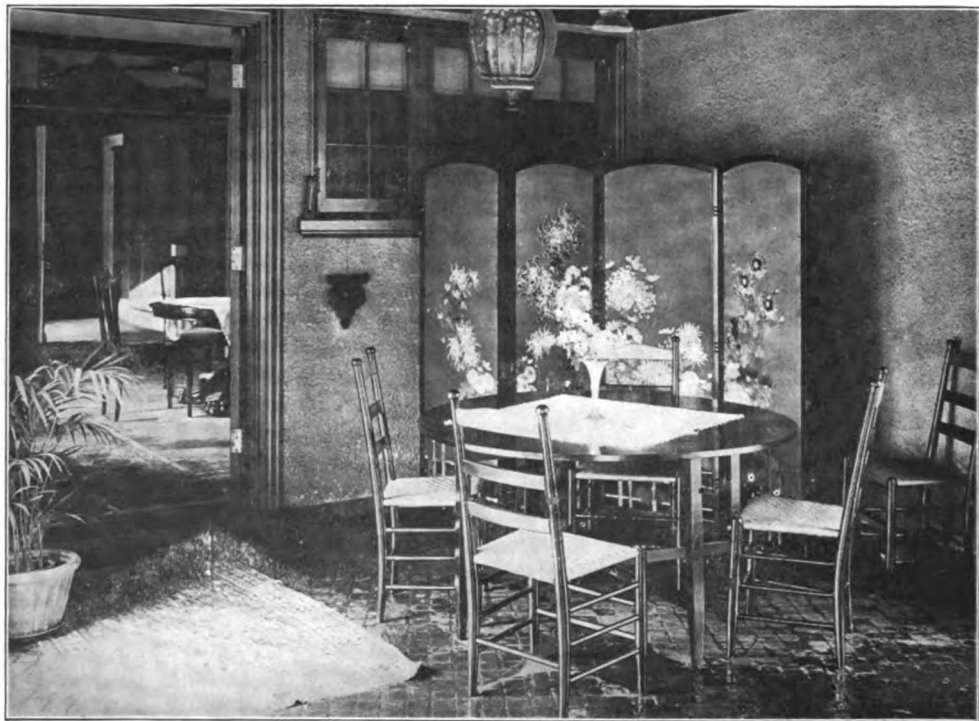
SCREEN WITH WINDOW ABOVE

The breakfast room, while informal in its nature, often has to be formally treated. Movable furniture allows constant changes, but the most practical thought is the employing of the service table, more particularly if it is a painted one, to stand next to the corner window. Here the color-scheme lies in the draperies, which hang in simple, straight lines. The inner ones of casement cloth, reaching to the sill, while the outer ones of printed linen are finished with a valance trimmed with fringe. Paneled woodwork is the proper setting, for it brings out the dark background of both table and hangings.

For picture effects no bit can be more picturesquely worked out than in the

sun-room. The red-tile floor makes a pleasing scheme of red and white. If one paints the woodwork the latter color and introduces plants bearing white flowers, a note of color brightens up the corner through the use of printed linen chair-cushions of bright hue.

In general, there is no house but the severe corners are improved by right treatment. There can be a varying by changing the furniture-setting with the season. Coolness and restfulness demand soft coloring during the warm weather, while the open wood fire in the winter months calls for a gay setting. It is these corners, rightly treated, that give an individual charm, and render the house beautiful so much in demand today.



A SCREEN SET BACK OF BREAKFAST TABLE



STEP-SAVING ARRANGEMENT AND VENTILATION HOOD

Kitchen Considerations

By Marion Brownfield

AS the kitchen has two functions in the home — the workshop and the temporary sitting room — for the average homemaker without help, it should be attractive as well as convenient.

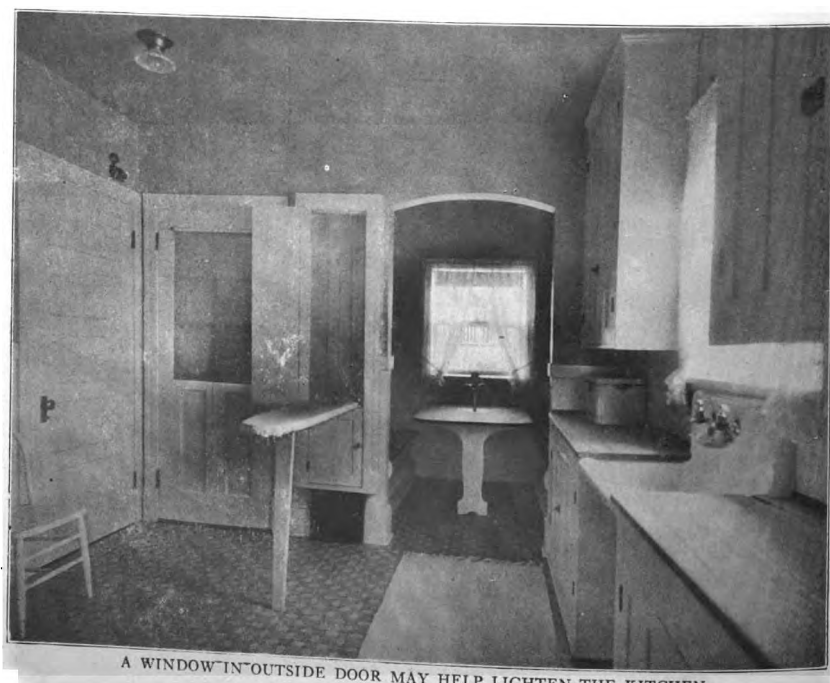
A great deal of attention in making the kitchen cheerful, light, and well ventilated, comfortable to sit in, as well as work in, is time well spent and actually saved, in the long run. Good spirits depend so much on cheerful surroundings that the housekeeper in a dark kitchen will be astonished at the unaccountable buoyancy she will feel, if the kitchen be repainted in a fresh, light enamel. Work to keep it clean can be minimized in sev-

eral ways. One of these is to have the kitchen range ventilated above, with a hood and a shutter in the ceiling to carry off steam. The moisture, both from cooking and laundry work, is responsible in large degree for the collection of grease and dust on woodwork. The illustration shows a glimpse of the up-to-date hood — tile lined — and lighted conveniently with electricity for dark hours. Getting rid of steam is preventive of soiled woodwork; a light color, also, keeps the room cheerful. A domestic science expert tells us of her charming apple-green kitchen that shares with its big, airy windows all the pleasantness of the orchard just outside.

Windows, exposure, doors and floor space are indeed the first things to plan, for both a pleasant and labor-saving kitchen. If the north side of a house must be used for living or bedrooms, by all means have plenty of windows placed to light the kitchen sink while dish washing and performing other routine work. Often the window in the outside door can lighten a dark kitchen wonderfully. Placed as it is in the illustration, it seems to lighten the inner wall very nicely. But in no place does a window give the measure of daily content as when placed over the sink, so that in all weathers the housekeeper can have a glimpse of the outdoors, plenty of light, and in warm weather, a breeze.

Today there is much debate about the size of a convenient kitchen. Many maintain that the shortest distance from the range to the sink and cupboards simplifies work. Actually, the size of the

woman who uses it must be considered. A tall woman usually hates a sink as "low" as the average person likes it, and one tall housekeeper says the average kitchen breakfast nook is just an aggravation, for it bumps her knees and elbows! A kitchen so large that it permits the introduction of numerous pieces of equipment, such as cabinet, refrigerator, table and so forth, is likewise apt to be a stumbling place that makes for extra steps at cleaning times. The ideal amount of floor space, probably, is just enough to walk, without interference, to all the necessary daily equipment, as stove, sink and cupboard, and enough extra space for a comfortable chair, while cooking food must be watched. A really attractive plan to make the room restful as well as convenient, is to have a little bay window or niche just large enough to accommodate a rocker. A drop shelf would easily add comfort to this nook, to hold a plant,



A WINDOW IN OUTSIDE DOOR MAY HELP LIGHTEN THE KITCHEN

reading matter, or the mending basket for the "pick-up moment." The advantage of such an arrangement is that this nook need not be traversed in doing ordinary housework, yet is handy for a relaxing moment so essential to a happy, healthy housewife. The built-in breakfast nook, in a way, is developing into this type of "cozy corner." Most of the tables are movable and just as useful for other things as for eating. The seats, too, are often cushioned.

For further consideration of comfort, there is the kitchen floor covering. Cement, composition, tile, wood and linoleum are all up-to-date and sanitary, but for warmth and resiliency to the feet, linoleum is undeniably first. To gain these two advantages, many a housewife places rugs on the kitchen floor, but these add work. Very new, for floor covering, is "interlocking rubber." This costs the most, at first, but it will outwear linoleum and has many advantages. Among them are resiliency, warmth and sanitation, for it is easily kept fresh with soap and water, a broom or a vacuum cleaner. It is made to be removable, like the mats in pullman cars, or it can be tacked down permanently. In color many pretty effects, similar to linoleum,

such as buff and blue, or blue and white are obtainable. Bordered effects, also, can be chosen for a pretty kitchen.

Built-in conveniences for the kitchen are constantly being improved and increased in number. The tendency is to cover all shelves and labor-saving devices with doors, both to keep things clean and give the room a generally neat appearance. Thus the built-in ironing board "disappears" into the cupboard above when not in use. Most of the built-in effects have another great advantage; they cost less than similar equipment bought new at a furniture store. Thus the cupboard space, shown in the illustration, with bread board, sugar and flour bins and cooling closet takes the place of a more expensive kitchen cabinet, very efficiently.

A final consideration is the curtaining of the kitchen windows. Simple white muslin, easily laundered for perpetual freshness, is most pleasing. Whether curtains must cover the window completely depends upon the proximity of neighbors. Where privacy and a pleasant outlook are obtainable, a mere ruffle across the top, with side drapes, also of white and washable material, are recommended, for the sake of all the charm of light, air and sunshine possible.

The Roses of June

The roses are here, the roses are here,
All bending 'neath diamonds of dew,
While dawn breaks above the gardens we love,
And skies are so tenderly blue.

The roses are here, the roses are here,
The beautiful roses of June,
Their fragrance so rare floats soft on the air,
While bobolink whistles a tune.

The roses are here, the roses are here,
The red and the yellow and white,
For loved ones who died, for each bonny bride
We gather the roses so bright.

Ruth Raymond.

Back-Fence Offerings

By Harriet Whitney Symonds

WHEN Mrs. Grafton of Barnettville learned that her brother, Mr. Daniel Hardy of Brandon, had lost his housekeeper, she dispatched her son Edward to look into the situation.

"If he hasn't any help yet," she admonished the youth, "bring him straight home with you, where I can look after him, myself. I know Dan; he'll think of everything in the wide world but his own needs."

Mr. Hardy was in his back yard, tightening a loose fence picket when his nephew arrived, and, as he had left his front door ajar, Ned, being a prompt young man, not only walked in, but invaded his bachelor uncle's provision department without delay. He opened the door of the pantry closet with trepidation, apprehending a desert of crusts and fragments, but in this met with a surprise.

"Shades of Great-aunt Abigail's rolling-pin!" he broke forth. "Has Uncle Dan been taking a cooking-school course? If not, whence these beguiling eats?"

He stood back to admit fuller light upon the objects of his astonishment, viz.: upon the lower shelf, two great moons of pies, blandly displaying a rich wine-red raspberry filling through delicate spirals of tan-golden crust; upon the second shelf, a round Alp of a cake, drifted over with a cocoanut frosting as purely white as the fleecy mountain snow.

"Ah-h!" Ned drew in a waft of perfume as ethereal as the soul of violets. "I shall take supper with Uncle Dan on the thinnest invitation."

"Hello, there, you prowler!" A bluff hearty voice came in at the back door, accompanied by the comfortable personality of Uncle Dan. "You appear to be admiring my bric-a-brac. I'll take it as a dutiful act, if you'll help in its disposal. Will you?"

"Won't I?" Ned enacted a movie of a boy consuming a large section of imaginary and very juicy pie, smacking his lips relishingly and wiping his mouth rapturously with his sleeve as a finale. "But you aren't telling me you got up these gorgeous creations, uncle?"

"Not I, believe me," negatived Uncle Dan. "I'd as soon undertake to build airships. The next-door lady is responsible. She steals over of evenings in the dusk and sets the things on the fence-shelf I fixed for the milkman's convenience. Then she scoots off before I can say 'Peter Piper.'"

"A lady! Oh, uncle! Is she young?"

"Jiggs — I'm no judge of a woman's age. She's uncommonly thin, though. If she lives on that kind of stuff herself, I don't know why she doesn't fatten up. I'd sooner eat plain victuals, myself."

"Uncle, you ungrateful old heathen," said Ned, disrespectfully. "And don't you know who she is?"

"Oh, sure I do. She's a Miss Lawton. I don't mean to be ungrateful; I know she's fetching the du-dabs out of kindness, and they do look mighty eatable. Same time, if it wasn't for the beans and corn bread Mrs. Pigeon puts on my fence on the other side, I'd come near going hungry — or else get too fat."

"Mrs. Pigeon! Another woman! Uncle," Ned shook an accusing finger at his relative, "I fear you are a flirtatious young man. Is Mrs. Pigeon a widow?"

"She is not; nor young; she has a husband and a brood of grandchildren. She and Miss Lawton are both members of my church and probably think it a Christian duty to save an unfortunate brother from starvation at their gates. Put Miss Lawton hasn't lived long in Brandon, and I've never been introduced to her."

"Well, uncle, I have orders from Mammy to bring you home with me, if you're out of help, but I can't see that you are in any danger of starvation so far."

"I should say not. And my new house-keeper is coming tomorrow. Thank your mother just the same, though. By the way, you'll stop a bit with me, now you're here — hey?"

"Sure. I can stay a week," Ned agreed, cheerfully. "I'm on my vacation. And maybe I'll get to meet this lady of the splendid eats."

Ned swam gaily into the social tide of Brandon, and not long after his coming to his uncle's, realized the pleasure of an introduction to Miss Selma Lawton, a slender maiden with curly brown hair and a dimpled chin.

Totally unlearned in round-about tactics, he drove straight at the matter occupying his mind.

"Miss Lawton — excuse me for asking, but I want to know — you live next door to my uncle, Mr. Dan Hardy, do you not?"

The young lady nodded assent with a pleasant smile.

"Then," Ned went on, in his headforemost fashion, "you must be the good fairy who leaves such delicious things on Uncle Dan's back fence."

"Well, no, I'm not; that's Aunt Lois; she —"

"Aw!" breathed Ned, a frankly disappointed expression on his open, boyish face. "That puts a kink in my neat little scheme."

"Scheme?" The young lady looked quizzically at him.

"Yes; because you aren't your aunt, or she isn't you —" Finding himself in something of a muddle, Ned desperately blurted his case. "I made a vow that the being who designed those wonderful donations should be Mrs. Edward Grafton, if I could turn the trick. And now after meeting you, and you say *you're* not the author, I don't see how I can keep the vow — now I've put my

foot in it! Do please excuse me — I'm so brash —"

But the girl was laughing in a jolly, hearty fashion that helped Ned out of the bog.

"Aunt Lois is very nice," she observed, wiping the merry tears from her eyes. "And she's the best cook in Brandon. I give you my word, Mr. Grafton, she's a much greater prize than I am."

"I don't believe it; but" — Ned, himself again, made haste to seize the bit of advantage her words presented, "I'd like to know her, anyway. Do you think she'd allow me to call on her soon?"

"She might," conceded Miss Selma.

And Ned did not neglect his opportunity.

He found Miss Lois a pleasant little woman, slim and brown-haired like her niece. She was apparently about thirty-five years of age, and a little reserved in manner. To Ned's flowery praise of her kindness to his uncle, she merely replied that it was her custom to give neighborly assistance when needed, and men were more or less careless in the matter of providing for themselves.

Having thus blazed the trail, Ned soon ventured on a second visit to the aunt and niece, and this time proposed that his uncle accompany him. Mr. Hardy was contrary minded.

"It's better for me that I shouldn't go, because," he candidly explained, "unexpected results have been known to grow out of trifling incidents. I'm a bit susceptible to the charms of the ladies, myself, though you mightn't suspect it; and at the same time, I'm inclined to grow fat. Now, in case it should come to pass that I possessed a wife who fed me up on sweet stuff and pastry as a regular thing, think what I might come to!"

"Well, I'm awful sorry," Ned gave up the point with reluctance. "I can't have Miss Lois myself, because I want Selma, but we ought not to let her get out of the family, and if you don't profit by your chance, some other fellow is liable to."

On the eve of his return to Barnett-

ville, Ned cajoled Selma into a promise to correspond with him, in order that he might know how affairs were going with his uncle, who seldom wrote letters. As it was only a couple of weeks before he was back in Brandon and nothing of any moment had happened to Mr. Hardy, it would hardly seem necessary for him and Selma to have written fourteen letters, each, in that time. However, it may be that love laughs as lightly at logic as at locksmiths; and love must certainly have taken a hand in the game played by the two young folks, since at the termination of this last visit Ned had important news for his uncle.

"I hope you'll call at Miss Lawton's with me this one evening, Uncle Dan," he urged, "so as to make acquaintance with your new niece; that's what Selma will be about the first of September."

Uncle Dan took the announcement agreeably, and yielded to his own ordeal like a man.

"Bushels of congratulations, Boy," he said, heartily. "And I'll admit that the way I've dodged thanking Miss Lawton for the donations is a disgrace. I'll try to make amends now. But — you don't think I need to — to keep up the calling business after this evening, do you?"

"Not at all," Ned assured him. "In fact, you can't keep it up after Selma and I are married, not if we can persuade Miss Lois to live with us. And won't we live in clover, if she agrees!"

The evening chanced to be sultry, and Miss Lawton's living room was a pleasant spot, with its light, cool drapings and comfortable bamboo furniture. Neither was Miss Lois, herself, out of harmony with her setting, as she sat hemstitching napkins beside a round table by the light of a tall, softly shaded lamp.

Mr. Hardy made brave haste to do his neglected duty at the first opportunity.

"I am very much ashamed, Miss Lawton, of my failure to thank you for your neighborly kindness to me in the way of — of —" As Uncle Dan, who had not a fluent tongue, paused a mo-

ment to select the proper word, Miss Lois came to his assistance by observing in a matter-of-fact tone,

"I should rather you would not speak of it *now*. The trifling things I presented you were not worth mentioning, Mr. Hardy."

"Oh, yes, indeed they were very superior, and — and —"

This time Ned rushed in with first aid to the embarrassed:

"I can back Uncle Dan up in all he says, Miss Lois; those pies of yours were the toppingest ever, and the cake with the brown and white rick-rack was simply gorgeous —"

"Oh, but you ought to see auntie's little seed cakes," Selma cut in, animatedly. "Baked violets wouldn't be a patch to the way they smell, and as for taste — but wait a minute —"

She stepped briskly from the room and returned in a few minutes bringing a pitcher of lemonade and a large platter of the thinnest, brownest, most deliciously scented wafers one could have fallen upon in a dream.

"These," she declared, as she passed them to the callers, "I consider the finest that even auntie could invent. They —"

Her lively panegyric was cut square off by Miss Lois, who suddenly flung her napkin, needle and all, upon the table and sprang to her feet.

"Selma Elizabeth Lawton, stop exactly there," she ordered in a determined tone. "I've sailed under a flag of deception just as far as I'm going to; and you've brought the thing to a head by trying to fasten those cakes on to me in addition to everything else."

"Mr. Hardy," she turned to Uncle Dan, "this young relative of mine, merely to save herself a bit of embarrassment on her first meeting with your nephew, threw the responsibility for that pastry stuff upon me, and I let it go. But now that there's no occasion for keeping up the fiction, even as a joke, I repudiate it from this instant."

"Oh, now, auntie," protested Selma,

strangling with laughter, "you've not only let the cat out, but you've spoiled the beautiful surprise I was keeping for Ned —"

"Hey? What?" Ned almost swallowed a wafer whole. "You're not telling me it was Selma who cooked all those perfectly delightful goodies, Miss Lois?"

"That's the simple truth, Mr. Ned. When your uncle's housekeeper deserted him so suddenly, I should have been glad to help him out with home-made bread, or anything sensible, but sister Pigeon took that line out of my hands. Then Selma volunteered to provide the ornamental stuff, if I would deliver it. And that's all I ever did about it."

"I gather from your words, Miss Lawton," Uncle Dan having patiently awaited his chance, slid gently into the discussion, "that you do not consider these lighter items of daily sustenance so indispensable as the more solid articles."

"You are quite right," Miss Lois assured him. "Though I shouldn't deny that sensible desserts have their place in the daily menu, I still must believe that a pan of baked beans will carry one farther in the day's march than an angel cake could do, and that a leg of mutton is a more reliable stand-by than the finest pie ever created could be."

"My view entirely!" Mr. Hardy impulsively offered the hand of fellowship to Miss Lois across the table. "Too much ornamental diet spoils the taste for plain fare, just as an excess of gaiety and amusement interferes with one's interest in the serious business of life."

"And as too much light reading destroys the liking for solid and sensible literature," contributed Miss Lois.

"Listen to 'em," whispered Ned, pityingly to Selma. "They must be getting old, poor things. Give me the frilligigs

every time, in summer or in winter."

"Me, too," murmured Selma. "We'll live on them when we keep house."

"But, darling," Ned drew his chair close to Selma's and whispered, "Aunt Lois will always be perfectly welcome to a home with you and me, you know, just the same."

Extract from a letter to Ned Grafton from Selma Lawton, shortly before the day set for the wedding:

"Can't write you much tonight, boy, dear; I'm sleepy and my wrist is lame from the beating, creaming and stirring it has done today. But don't I wish you could take a squint at the three top pantry shelves! Wouldn't you be 'happified' by the lovely things you'd see and the delicious things you'd smell!

Aunt Lois is the dearest thing; she's given me a whole raft of mixers and beaters and kneaders, and a set of icing tubes. You don't begin to know how fascinating it is to turn out beautiful little roses and lilies of snow-white frosting! But auntie, you know, has a very practical streak in her make-up, and has given me stern notice that I must learn to cook solid stuff, such as the baked beans and meat-loaves she and Uncle Dan set so much store by. She says that when you and I get old — say twenty-five or thirty — we will not want to live *entirely* on flub-dubs. Well, maybe —

I fell asleep right there and made that terrible blot — I must quit, straight off.

Your own,

Selma.

P.S. Ned, we can't have auntie to live with us when we're married; she positively refuses to come, because she and Uncle Dan are going to be married at the same time you and I are!"

July!

Down the ages hearts shall beat
With thanksgiving as they greet
Thy returning year on year,
With a thrill of joy and cheer.

Honored month of FREEDOM'S birth!
Honored sires of sterling worth!
We shall ever reverence thee
For thy gift of LIBERTY!

Caroline L. Sumner.

With the Aid of Grandmother's Blue Delft

By Flora Swetnam

DAISY CANTRELL regarded the letter which she had just received with an expression of dismay. She had been a member of the Book Club and of the Embroidery Club for several years, but she had been a housekeeper only six months. Those two clubs had held a yearly union meeting for the last ten years. That meeting was quite popular with the ladies of the village, and it was considered quite an honor to be the one appointed to furnish the place of entertainment. Daisy was conscious of the honor, but housekeeping was so new, and her house not very large. There were twenty-five ladies and she knew they would every one be present.

Marjorie May and Jane West, her two nearest neighbors, could be counted on to help, but what about dishes? Mechanically she laid the letter away and went about her work. As she put the house to rights, she planned the details. She was sure it could be managed — all but the dishes. Marjorie and Jane would lend her anything, but she hated to ask for dishes. She put off thinking of that till the last thing. Perhaps there would be some other way.

Later in the day, she met Mrs. Jamieson, the chairman of the program committee. That lady beamed on her. "Well," she said, "now I am ready to tell you our subject for discussion. We shall talk about Washington Irving and read selections from the Knickerbocker History."

Daisy approved, of course. It was customary to approve the work of the committees, but she did not know how much she approved till she had reflected upon it all the way home. It came to her suddenly, a story which she had heard her mother tell. The story was, that when Daisy's great grandmother had

celebrated her china wedding with a great ingathering of all the relatives, there had been five complete sets of dishes of the kind of ware commonly known as blue Delft. Great grandmother always refused to part from any of them because they were presents from those whom she loved, so they had descended to Daisy's grandmother, and now reposed in a large box in the attic. Daisy was so pleased with the idea that she laughed aloud.

"I'll go and see grandmother at once," she said, and suited the action to the word.

She found Grandmother Carlton at home, and explained her errand without delay. "If you will let me use them, grandmother," she promised, "I'll be so careful that they will all come home safe. Will you?"

"Goodness, child, yes. I borrowed part of them several times in my early married life."

"Oh, I'm so glad. And you'll be sure to be there, won't you? I'd like to make you feel proud of your granddaughter if I can."

"I am that already, but I'll try to be there."

Daisy went home filled with a most delightful dream. If she could only carry out her plan, she felt sure the union meeting would be a grand success. Marjorie was on the porch waiting for her when she came.

"I have just heard that the union meeting is going to be here," she said.

"Yes. It scared me nearly to death, at first," confessed Daisy. "To think I should have all those women descend upon me while housekeeping is still so new, made me think of running away."

"Well, it was your turn, Mrs. Anderson said. I thought of all that, and wished

you had been there to speak for yourself, but Jane whispered that we'd help you."

"I just couldn't attend the meeting that afternoon," replied Daisy. "I wanted to be there very much."

"Have you made any plans?"

"Yes. That is what I went to see grandmother about."

Daisy began telling about the blue Delft. Marjorie was pleased with the notion, and while they were talking, Jane ran in.

"Do you know," she demanded, "that the state president of the women's clubs of this state is going to be present at our meeting?"

"No," answered both together.

"Well, she is. Mrs. Jamieson has a letter from her. She is an author of some importance."

"Horrors!" cried Daisy. "What will she think of our arrangements? I think I'm frightened worse than ever now."

She hastily told Jane of her plan. "And I intended to stencil and cut out mills from blue cloth and baste them neatly on the table cloths. Will she be shocked?"

"It wouldn't shock me," replied Jane, "and I guess my nerves are about as delicate as hers."

"How many tables will you have?" asked Marjorie.

"It will take three the size of mine," said Daisy. "I'll have to borrow of you two."

"All my earthly goods are at your service," declared Jane.

"Mine, too," said Marjorie.

"But will my dining room hold them?" asked Daisy in some consternation.

"Let's go and look at it," suggested Marjorie.

They went. After some planning, it was settled that it would do. They

decided on blue flags as the proper flowers. Marjorie said that she had always heard that they loved low, wet places, therefore, they ought to grow in Holland.

"Now," queried Jane, "what can you have for tea that will keep your color scheme, blue and white?"

"I've been thinking of that all day," admitted Daisy. "It will mostly have to be white, but the dishes will furnish the blue. I shall have a white-meat salad, cottage cheese, and wafers, some blocks of maple sugar, frosted, a white custard and jam cake. The way grandmother makes it, it will be nearly blue. How will it do?"

"It sounds all right to me," answered Marjorie.

"Have the tea hot," advised Jane, "with cream and a marshmallow. That will look pretty in those blue cups."

"All right. It will be easy enough, if we have nothing hot but the tea, and you are two dears to help me so much."

Three women worked diligently during the intervening time, and Daisy had the satisfaction of seeing all her plans materialize. When it was all done Jane declared the dining room a dream. The last thing had been done and nothing forgotten.

The guests came in two's and three's. The program was original and interesting, and the display of embroidery artistic and unique. Almost before any one thought of it, it was time for tea.

The ladies gasped at sight of the dining room, and their looks of admiration more than repaid Daisy for her days of planning and work. Her cup of happiness nearly overflowed, however, when the distinguished guest turned to her as she rose from the table and said,

"My dear, you have the soul of a poet and of an artist."



Budgets and Bankruptcy

(IN WHICH ONE LEARNS TO LOOK AFTER THE LITTLEST LEAKS)

By Ida R. Fargo

IT was a blustery Saturday afternoon. Helen Caruthers sat before her open fire lost in a restful reverie. The fire was cosy, her work was all done, and in spite of the elements the world seemed a place of peace. Only an impatient clang at the knocker brought her to her feet. Then she realized that a taxi had been insistently purr-purring outside her gate.

"Now who is that?" she conjectured, as she sped to the door. And almost in the same breath, "Mabel Martins!" she exclaimed. "In all this drizzle! Come in before you blow away."

Unusually silently the guest slipped from her wraps. The doleful droop still clung to her shoulders even after she had settled in the cretonned rocker in front of the fire, even as she toasted her toes at the congenial blaze—for Helen had poked up the coals and put on another stick: The whistle of the rain on the windows had made the day seem chill.

"What is it?" ventured Helen, a moment after. "Tell me at once. You look like The Worst had happened."

"It has," breathed the little guest with a tragic shrug; a rebellious line trekked in between her brows. "I might as well tell you!—I might as well proclaim it at the market places! I'm going bankrupt in this housewife business. Wilbur is awfully worried—we're living too high. Oh, it is costing too much—everything is costing too much! I've got to cut expenses—and I don't know where to begin."

There was appeal and mutiny and longing for comfort in the tense young tone.

"We're drifting—drifting—," she went on; "and one doesn't drift—upstream! While you—" reproached the voice, "if I didn't actually know better, I'd believe you had landed at the Edge of

Easy Street. Your problems seem so simple, and you are always sweet to look at, and never out-at-the-elbows; you set as good a table as I do—even better—you and Dick take in some of the luxuries of life—shows and an ice cream sundae—" the voice broke on a half sob. "Oh, you get along beautifully! You don't act like you had to scrimp—and scrimp—and scrimp—Helen, how do you do it?"

The young wife flung out her arms with a look of acrid abandon.

"There, there, there!" brooded her friend. "Maybe it isn't as bad as it seems. Maybe I can help you."

"That's why I've put my pride in my pocket—and come," quivered Mabel Martins. "You get on—and your husband hasn't any more salary than mine." The dark eyes looked desperate. "But me—it's all a tangle. I don't know where to begin."

Deliberately, silently, strongly, Helen Caruthers prodded the coals till a very smother of sparks went hurtling up the broad dark throat of the chimney. Then:

"Begin at the table," she said. "That is an easy place to begin." And after a little drift of thought, reminiscently: "Do you remember the luncheon I gave last spring?"

"Do I?" accused Mrs. Martins mournfully. "Strawberries—green peas—oh, it was perfect. Your luncheons always are. But I don't see—"

"You will," assured her hostess; "wait a bit. That luncheon cost me half **what** it would if I had given it two weeks earlier. It was better, too, because the berries and peas were so perfectly fresh. My dear, they came out of my own garden—I plan my luncheons that way. Serve something home-grown. I never

buy at the beginning of a season, or out of season, when prices are high. But by bringing my garden into the game I could keep within my budget. And every one seemed to enjoy —”

“They did — they did!” interrupted the listening wife. “We all had such a delightful day — it couldn’t have been better if you had imported creamed peacocks’ tongues from Peru!” But she caught her breath precipitously. “Your garden! Why, I have a garden, too; but things out of one’s garden always seemed so — common.”

“Ex-act-ly,” mused Helen Caruthers.

“I’ve always wanted to do something — better.”

“And go bankrupt — in the housewife business. And muss up your budget. And —”

A small foot poked absently at a charred coal on the hearth. “I’m beginning — to — see,” murmured Mabel Martins. “I’ve always entertained at any old time, and ordered everything from town, no matter what the price. I thought I had to. But, oh, my budget has been smashed to smithereens! And —”

“Of course,” said her friend. “If we housewives don’t consider the budget, the budget will never consider us. It’s a good friend, and a wicked old ogre — and it gets out of hand as quickly as Jack’s beanstalk — if we don’t keep an eye out.” She laughed lightly. “But entertaining is just one little item. I spoke of it just to illustrate. Suppose you *lived out of your garden* like Dick and I do?”

“Lived out — of — your — garden,” echoed a troubled voice.

“Yes,” asserted Helen Caruthers. “You have as much back yard as we do — and as much time to hoe it. We don’t order green peas; we grow ’em. And wait for ’em. They are better than the shipped-in, wilted product one buys, and we appreciate them twice as much as if we had ordered from the market early. Our appetite isn’t surfeited by the time our vegetables are ready.”

“But isn’t it hard to wait? I always

buy the first in the market.” And then the listening one blushed, thinking of the price — and a bankrupt housewife’s budget. She hurried on, “And isn’t a garden a lot of trouble?”

“Fun, I’d say,” assured the other.

There was a little sigh, soft as a summer breeze. “Maybe I ought to confess,” breathed its owner, “that we haven’t much garden. Not really. I sort of talked Wilbur out of it. He had the notion at first. You see, I thought — I didn’t know —”

“Yes,” voiced her friend; “I’d guessed. But ‘live and learn.’ There are more years ahead. . . . Besides, there are other points — if one means to get the best of a budget. There’s left-overs, for instance. You threw three slices of bread in the garbage can the last time I wiped dishes for you. Perfectly good slices.”

“Two days old,” apologized little Mrs. Martins. “Wilbur does so hate dry bread. He says when we get to where we can’t afford good bread —”

“There’s French toast, and milk toast, and — Why, my dear, your last household magazine has a whole page on left-over breads. Dry breads. Besides, there was that bit of cold salmon that went the way of those three perfectly wholesome slices!” Helen paused but there was a twinkle in her eye. “You can hardly look at a cookery page these days without finding some way to use left-overs — creamed, and steamed, and flaked, and stirred. You must study your ‘trade journals,’ and that’s exactly what cookery pages are to a successful housewife. Ex-act-ly!”

“Trade journals,” said the other thoughtfully. “I hadn’t considered them in that light. Wilbur wouldn’t do without his trade journals for anything. Says they save him dollars where he would save cents otherwise.”

“Call me up mornings, tell me what you’ve got in your cupboard, and I’ll help you get started,” said Helen comfortably. “I’ve been in this housewife

business a bit longer than you, and I love to plan menus. Making menus with a pocketbook as flat as though an elephant had stepped on it is an interesting occupation," she laughed. "It takes skill, as much skill —" with a smile at her friend — "as it does to plan a wardrobe on the same basis. Or just about. Now I'd say your clothes, Mabel, I'd say they —"

"Cost a lot," finished the girl-wife soberly. "They do. But I can't go looking like a fright. I can't!" Her breath caught with a little fluttering, frightened protest.

"You can't," assured the other; "and you don't need to. But, dear heart, buy conservative things. They're pretty — and last so much longer than the extremes in cut and style. Your last suit, I remember, was mightily modern in cloth and cut and color; you looked like a peach in it — then. But now —" dubiously.

"Oh, I've had to buy another — since then," confessed a shamed voice. "And it is conservative. Really. Because I've been watching you. I've been buying two suits to your one — and never looking a whit better, but I didn't know what was the matter, not right at once."

Her friend nodded. "Keep to a standard color, then you don't have to buy everything at once. You will always have something left over; gloves or veils or, oh, just the little things that cost so much and mean more, if one would look well dressed. And avoid fads — like the smallpox. It pays."

"If one has to budget," said Mabel Martins.

"If one has to budget," said Helen Caruthers.

For a little moment Dick's wife and Wilbur's wife sat reading lessons in the fire. Like so many of the rest of us, they did not have the spending of vast amounts of money. Then:

"But what about going places — amusements? Must we give up all that? And yet — you and Dick don't," ques-

tioned the wife of Wilbur, curiously. "No, we don't."

High lights danced in the eyes of Helen Caruthers. She seemed no whit cast down over her friend's worried words.

"We indulge in inexpensive outings," she went on; "it can be managed. Now that week-end at Newport you and Wilbur took last month cost as much, I'd say, as all our six months of comings and goings, Dick's and mine. We travel by trolley. Haven't you noticed? And we stay till the stars come out. We eat our lunch in the open, and we don't go where the crowds do; we love the country, the quiet, where one can relax and rest. It's what Dick needs after a day in the office. And it is what a busy housewife needs, too, and so often doesn't get. . . . Time to rest and relax. Quiet and stars, and, maybe, the pungent smoke of an open fire."

"And *that*," mused Mabel Martins, "is why you always look so fresh, as blooming as a ripened peach, while I'm a jaded jaunter. Oh, but I was weary after that Newport frolic!" A sudden smile caught at the corners of her mouth. "I'm learning," she added solemnly. "I'm picking up points all along the line. Not that I'm going to do *exactly* as you do, but — I'm learning," whimsically. "A budget — bankruptcy? — well, not yet." She counted on her fingers: "Live out of a garden; serve things in season; look after the left-overs; study 'trade journals'; avoid fads and extremes in wardrobe lines, in fact, be conservative, and try for a 'standard color'; vacationize in ways restful and original."

"I always guessed you could orient your ideas — once set a-going," chuckled her hostess. She poked a snapped coal from the carpet with the point of a paper knife. "Bankruptcy? — I guess not."

"I'm to be sensible," murmured Mabel Martins, heedless of her friend's interrupting words, "live simply, and *fit my buying to my budget*, rather than try to fit my budget to my buying. The latter can't be done. It truly can't." An

apple-bloom blush chased out the bleak look from the young face. The dimples came into play. "Really —" she rose to go — "it is going to be fun to be original. I see I have always been trying to do the thing 'they' do — those very troublesome, intangible *theys*. I guess I have been like a little boy afraid in the dark, only my bugaboo has been, 'It isn't done, my dear!' Well, there are some things which are going to be done, oh, a lot of things! And thank you, Helen, a thousand times over, for pointing to the signboards — those signboards that say *use your com-*

mon sense, in a lot of things."

It was a happy young matron who peeped into the hall mirror for a moment of veil adjustment. She tucked away a strand of hair, buttoned a last button.

"Besides," she added, "what's the use of having a perfectly good business brain — oh, I have, my dear — and not use it! I am going to begin being individual. Why —" enthusiastically — "if it wasn't for individualism, we would all be copycats. Or sheep. Now, wouldn't we?"

"Well — maybe —" laughed Helen Caruthers.

As Sally Sees It

By A. Borden Stevens

IT'S mighty educating working 'round at other people's houses the way I do. My! When I think of the narrow way some folks live, never going outside their own back yards, I don't know how they do it. I've been working out at one thing or another for forty years, and there isn't a place where I can't learn something new, even now, old as I be.

I was just about to retire from the washing business when the war came, but laws! everybody just flocked to the boats where they'd get more money and time off. You couldn't get help in the house for love nor money. I couldn't leave Mrs. Brown high and dry like that, and her with two sons in the navy, and no one to turn a hand. Mrs. Brown is a real lady, and I like to work for her. She keeps to her own part of the house, so I do as I please, same's if it was my own kitchen. I see so much to do all the time that seems to me I'll never get caught up. Yes, I love Mrs. Brown just like she was my sister.

Of course, she's ornery once in awhile; everybody is; but she gives me all her old clothes, which is a great help to me and my daughter's family — more'n you'd

think. What if her room always looks like a hoorah's nest! It does pay for cleaning up. No, I've never seen a hoorah, but I've seen their nests — just thrown together, hit or miss, without rhyme or reason.

Mrs. Brown is just possessed about dust. "Wet your broom, Sally," she'll say, when there isn't a speck in the air anywhere. There's Mrs. Grey, now. Mrs. Grey won't let you touch your broom to water, no matter what. It's real educating, remembering folk's ways and trying to see the reason for them, which mostly there appears not to be any that an honest woman can find.

No, I don't use a vacuum cleaner any amount. These new fangled things are all right; I've seen them work, but folks don't have them much where I go, and if they do, they have a man to clean. Now there's Mrs. Green for one; I've done her fancy laundry for years, but I never move out of her wash-room, never. It's not like one of these places where you are called now here and now there, till you don't know which end you're on. To be sure she was always bringing collars and cuffs to do "*at once*," after my boiler is all put away, but Mrs. Green's mighty good

to her help, what with Christmas and other times; we all like to work for her, we do.

After washing for Mrs. Green with starch here, and starch there, it is a job to wash for Mrs. Bright next day. Mrs. Bright doesn't want a mite of starch in anything, be it ever so sheer. It's mighty educating to go around doing things other folk's ways, when you know as well as anything that the right way is entirely different, yes, Ma'am, entirely different. That is how it was at Mrs. Jones's. I cooked for Mrs. Jones, and she wanted things plain. Now a cook has some pride, so when she'd say plain tomatoes, I'd fry them up nice and brown, and if she said poor man's rice pudding, I'd put in raisins or cocoanut. Fuss? Never. She was glad of it. When you've worked around as long as I have, which — excuse me — you never will, you'll know how to tell what people want a far sight better than they know themselves.

Yes, you do meet with exceptions. There was one; I didn't go there long. Looking back, I wonder that I stayed as long as I did. Mrs. Black warn't a lady! No, I couldn't call her a lady, and she didn't know how to treat a lady. She was always poking about to see if I was work-

ing, and if I was cleaning up stairs, she'd snoop up and peek to see if the jewelry was safe. Yes, there are people just like that in the world. They don't trust anybody, not even themselves. I heard her over the 'phone one day talking to a friend while I was cleaning the upper hall. She said, "No, Mrs. What-you-call-it, I won't go out today. Sally is here sweeping — *you* know! — I can't leave the house all alone."

Well, I stood it as long as I could. Some days she'd take a chair and sort of sit over me while I worked, and me a deaconess of the church, with more conscience in my little finger than she had in her whole body! I do get stirred up when I think of it; you must excuse me. We all have our feelings, you know. One day I just walked right out. I said, "Mrs. Black, you ain't no lady, and I always work for ladies."

It certainly went home, for to this day she'll sneak down a back street rather than meet me face to face! I never quarrels with any one at all; I stay, or I leave; but it's mighty educating, going from one house to another and putting up with their ways, and all. I don't see how folks stand it who never leave their own back yards, and never know how their neighbors do.

Dinner for Ned

By R. G. Foster

LUCIE glanced over the menu card and quickly ordered soup, fish, potatoes, salad, rolls and ice cream. Ned hesitated over his order, but finally decided on oysters, fish, chops, bread, milk and pie à la mode. While they waited to be served, Lucie regarded her husband with a critical eye. He seemed a little heavier, his eyes were dull and he nervously fingered his silver, impatient at the waitress' slowness. They had been separated for several weeks

and, during his absence, Ned had suffered from illnesses of one kind or another, and had become so discouraged that Lucie had decided to close up the house and join him on his business trips for a time.

Some months before, when they had first gone to housekeeping, Lucie had discovered that her husband was averse to eating vegetables and fruits and constantly demanded meats, hot breads and sweets. He was at home so little that she liked to please him when he was there,

and yet she knew that unless she could change his eating habits he would never be well.

"Ned," she said suddenly, "how do you decide what to eat when you have to order your meals every day?"

"Why, I just pick out what I think will taste good. Isn't that what you do?"

"Well, yes, and then I try to choose the things that will keep me well."

By this time Ned's oysters and Lucie's soup had appeared. He fell to eating in a preoccupied manner, evidently thinking of his afternoon's work. But Lucie was not to be silenced.

"For instance, I ordered soup instead of oysters, because I wanted something to stir up my appetite so the rest of my meal would taste good and digest well. I don't really get very hungry, riding on the train all day, and nothing on the menu makes my mouth water. But I know I must eat nourishing things, and I know how much I need to give me the energy for the work I do. A person doesn't need very much of food like meat, fish, eggs, or cheese each day. That's the reason I just ordered fish instead of oysters and chops. And I chose a green vegetable, because I know it contains some rough, indigestible material, which helps the other food along its way and at the same time yields minerals, such as iron and sodium and calcium, which keep my blood in good condition as well as regulating some of the other processes in the body."

While she had been talking Ned's fish and chops had disappeared, accompanied by a large glass of milk. And even then the waitress was bringing in pie à la mode, with cheese on the side. Lucie smiled.

"What's funny?" asked Ned.

"I was just thinking what a good guesser I am. I knew that cheese would come along with the pie."

"Well, isn't that all right?"

"No, it isn't, Ned. You have already had too much food of that kind today. Eating that cube of cheese is just like eating another chop or a couple of small

eggs and you wouldn't think of doing that, would you?"

"Lucie, do you really think I overeat?"

"I know you do, dear, and you don't eat the right kind of things."

"I know — when I'm home I feel lots better than I do when I'm out on trips."

"The reason you feel better at home is partly due to our regularity of meals, and partly due to the things we eat and the exercise you take. When you're on a trip, you eat breakfast at 6.30 one day and 9 o'clock the next. Some days you eat no lunch and other days you eat a heavy lunch. I think I can guess what you had for breakfast this morning — oatmeal, with sugar and cream — lots of cream, cocoa, ham and eggs, toast and griddle cakes with syrup."

"You're almost right, except I had biscuit instead of toast."

"So much worse. Why, Ned, that breakfast is more suited to a hard working farm-hand than to you, for you get practically no exercise."

"I guess that's true. I've never thought much about it before. I always thought the reason you wouldn't let me have pancakes and biscuits and cheese and meat and such was that you didn't like them. You know at home we used to pay a lot of attention to feeding our stock, but we boys just ate what we wanted and usually a lot more than we should have — Lucie, if you'll order my meals all the time you're on this trip, I promise to eat everything — just sort of an experiment, you know."

During the weeks that followed Lucie saw that Ned, though constantly hurrying from one place to another, had his meals at regular hours and that they were suited to his needs. Instead of choosing the whole bill of fare at the eating houses along the way, she suggested choices that would give variety and at the same time make every day's food balanced. It had now been some time since Ned had complained of any discomfort after meals and his bright eyes and clear skin testified to

Continued on Page 62

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

O KINDLY JUNE!

O kindly JUNE, fair nature's queen
Of perfect and inspiring days,
Thy pulsing, throbbing life conveys
A message from a power unseen

Of life immortal! We may glean
Unfolding truths from thee always,
O KINDLY JUNE!

Each budding flower and leaf of green,
Each nodding blade of grass allays
Our doubts. The soul like thee obeys
God's gentle touch and faith is keen,
O KINDLY JUNE!

Caroline L. Sumner.

THE STRIKE

AMERICAN COOKERY was late in getting out last month. This was solely on account of the strike of printers in this city. We hope our clientele will not lose their patience. The strike will end soon, as most strikes do, and we shall try in the future not to be late in our day of publication.

At the present time, and under existing circumstances, can anything be more senseless than a strike? It entails only

loss and trouble to everybody concerned. Why any group of men, in the year 1921, should engage in a strike is beyond human comprehension. Already thousands of men are in want of occupation. Do the strikers wish to join the ranks of the idle and unemployed? No building boom is in sight. Stagnation in trade and commerce, and in production in general, is indicated on every hand. What can be gained by a strike, anyhow? The world seems all askew. "O judgment! thou hast fled to brutish beasts and men have lost their reason."

In this year of 1921 all strikes and drives and extravagant appropriations for new projects are inopportune and out of order. Do you believe in smaller armaments? We certainly do for America, no matter what other nations may do. Do you believe in cutting down anomalous salaries and war-time wages? We do, evenly and justly, from top to bottom. Do you believe in a reduction in the present rates of taxation? Most surely we do. The present burden of taxation is the chief menace to the peace and prosperity of the world. We believe in all these things, also we believe in getting to work speedily, on the part of everybody, and in producing to the utmost limit in every line of industry. In no other way can relief be found and readjustment be made from the unequal, abnormal conditions, both economic and social, which seem to prevail at present. As a business proposition striking is an exceedingly poor policy. Nobody can be benefited thereby, unless it be the paid agitator. Above all things else people need steady, genial, useful occupation.

THE PROSPECT

WHAT with printers' strike, the cost of print-paper and labor, the complications of transportation and mailing, the publishers of magazines have been forced to contend with adverse conditions and troubles, indeed. These after-effects of war seem inevitable, but they are destined soon to amend, we trust.

Already we are looking forward to more propitious times.

We are glad to say that the circulation of *AMERICAN COOKERY*, through all vicissitudes, has steadily increased; it is now larger than at any date in its history. This would point to a constantly growing interest and concern in home life. The importance of prudent, economic, healthful housekeeping is more widely felt than ever before. The matter of food and feeding has become a subject of scientific study and investigation. Today the young woman who anticipates a home of her own wants to know how to buy, how to prepare, and how to serve wholesome food. The thing has become a necessity. She is interested in how to conduct a home and prepare food. Life, health and well-being are dependent on this much of practical knowledge. Indifferent, careless ways of housekeeping are no longer *in statu quo ante bellum*. What once seemed trivial has now become significant. The proper feeding of children, the sanitary house, are matters of immediate prominence. In every age, food, shelter, clothing, are the first needs of people. Upon this, as a foundation, civilization is built. Once the knack of cookery was handed down from mother to daughter; now it is taught in the better class of schools. Domestic science, in its several departments, is regarded as worthy of the careful study of scientific experts. The subject has become of nation-wide importance. As especially concerned in the welfare and prosperity of home life, each issue of *AMERICAN COOKERY* is prepared for you.

THE PUBLIC CONSUMER

UNDER prevailing conditions the consumer, that is, the public, simply and almost involuntarily, has stopped activities and refused to carry on. He is awaiting readjustment of some sort, some standardization of prices. Is the price of coal to advance or decline? Is the cost of leather to be lower than in pre-war days, and the price of shoes to be whatever the

dealer dares ask? At present prices, nobody can buy or build a house unless he has been a profiteer. The distance between producer and consumer is too great, too uncertain. It gives rise to suspicion, and a suspicion of this nature must be destroyed. Public confidence must be restored, that all may work together, harmoniously, for the common weal, the resumption of business and increased production in every craft and trade.

A BUSINESS MAN IN EUROPE

THE president of the National Cash Register Company is traveling in Europe, where he is making a study of business conditions. He recently cabled this laconic message to his fellow countrymen:

"The world's business is in trouble. Some nations cannot sell their surplus of agriculture, industries and minerals. Other nations greatly need them. Plenty of idle ships to carry them. Millions of people out of employment.

"Nations are still spending money for war like drunken sailors. The world's business has no directing head. It needs an association of nations whose object is to do good to all the people, to stop war and fight with brains, not with bullets; to stop bolshevism, to extend international credit, to prevent disease. Civilization is at stake. Wake up, America, before it is too late."

COME INTO THE KITCHEN

IF you could go to a certain home in one of New York City's finest suburbs, you would find the cook and the maid to be two charming college girls, graduates of one of the state's foremost universities. Their present positions are not the result of a wager, nor are they seeking atmosphere for a book. They have chosen housework as their vocation.

After graduation they secured positions as stenographers. For months they struggled along, trying to make ends meet, never having any fun, never having a cent left over to put in the bank, not

even having enough money for a vacation. One day they saw an advertisement for a cook and a maid. They began to figure how much the positions would pay and found they could save nearly all they would make. Upon investigation they liked the place, took it, and today they are perfectly happy. They have all the comforts of a beautiful home, separate bedrooms and bath, a living-room in which to entertain their friends, the use of a library and of a motor car.

"Would we go back?" they ask.
 "Well, we should say *not*."—*Exchange*.

MILK MEANS HEALTH

MILK is rich in vitamins, says Dr. M. J. Rosenau, professor of preventive medicine at Harvard. Furthermore, he says that milk is rich in calcium in a readily available form—children need five times as much calcium per pound of body weight as adults.

"In order to supply this important salt to growing bones and developing teeth, as well as to furnishing vitamins for the utilization of food, a child should drink a quart of milk a day. It will not then suffer from a deficiency disease.

"Our health, as well as power to utilize food, depends upon the daily intake of these vitamins. Life itself is threatened by deprivation of them for any length of time. Hence, the vitamin problem is of daily and universal interest to all persons."

These statements corroborate those of other leading authorities in this country, and they explain, in part, some reasons for the wonderful results obtained from the use of more milk in the home.

THE most urgent problem before the country today, excepting only immigration, is the deflation of the taxgatherer—Congress, State Legislature and City Council. There can be no final deflation of anything, no settled prosperity, no return to the "normalcy" of

which we have been hearing so much in political speeches, until this is accomplished. But at present the thought of our legislators largely runs to changing methods of taxation and to tapping new sources of revenue instead of to cutting down expenditures.

Taxation was once a fighting matter in America; there is even more reason for fighting today. The taxgatherer must be deflated; for no question is more intimately bound up with the liberty of a people than taxation. G. H. L.

Leisure is time for doing something useful. This leisure the diligent man will obtain, but the lazy man never. A life of laziness and a life of leisure are two things. A man may, if he knows not how to save as he gets, keep his nose all his life to the grindstone and die not worth a groat at last. BENJAMIN FRANKLIN.

"I have no use for faith," said the man; "what I know I know!" Then he went out and bought some wildcat mining stock and a second-hand motor car!—*Christian Life*.

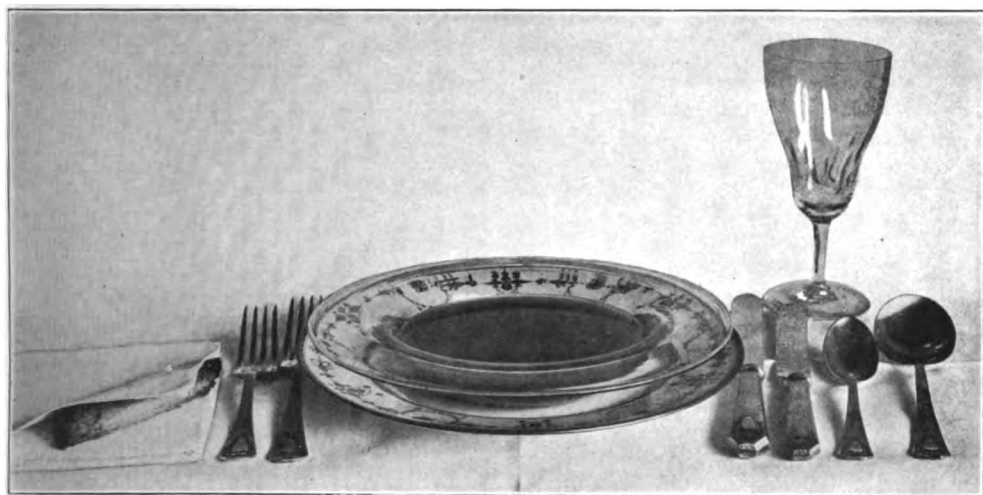
FOURTH OF JULY SONG

Left, right, left, right!
 When my country calls
 I shall leave my work and play,
 Doff my overalls.
 Left, right, left, right!
 Without a sigh or groan
 I'll take my gun and face the foe,
 America, my own!

Left, right, left, right,
 I will march along!
 Left, right, left, right,
 Every step a song!
 In heat or cold, in snow or rain,
 Enduring without end,
 I'll give my brain and brawn to you,
 America, my friend!

Left, right, left, right!
 Even when there's peace;
 Left, right, left, right,
 My zeal shall never cease.
 The spade shall be my right hand man,
 The hoe shall be my brother.
 Just put your confidence in ME,
 America, my mother!

— *Helen Cole Crew*.



CLEAR CHICKEN SOUP

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Chicken-and-Lettuce Soup

CHOP three good-sized heads of lettuce and cook in a covered saucepan with one-half a cup of butter for five minutes after the lettuce is hot throughout. Sift over this six tablespoonfuls of flour, and stir over the fire for five minutes longer. Add three pints of chicken stock, stir until it boils, then let simmer for thirty minutes, keeping saucepan closely covered, and making up the quantity if there is much evaporation of the liquid. Season shortly before serving, and strain into a tureen. Decorate with spoonfuls of whipped cream, and serve with bread sticks.

Clear Chicken Soup

Reduce chicken (not fowl) stock by boiling until it is of the consistency to become jelly when cold. Remove fat. Reheat; add a few bits of chives, cubes of

cooked white chicken meat, slices of carrots, peas and string beans (all cooked). Let boil five minutes and serve.

Sorrel Bouillon, Cold

Chop a heaping cup of fresh sorrel, two or three button onions, a little parsley, and a small bunch of beet greens, and



POTATO-FLOUR MUFFINS

cook very slowly in water to cover until quite tender. Strain off liquid, press out juice from greens, and add one quart of good bouillon. Season to taste, and serve in cups with a thin slice of lemon in each cup and one or two fresh sorrel leaves. This soup may be served hot if desired, in this case the liquid from the sorrel, etc., should be added to the hot bouillon, and the two allowed to boil up together.

Potato-Flour Muffins

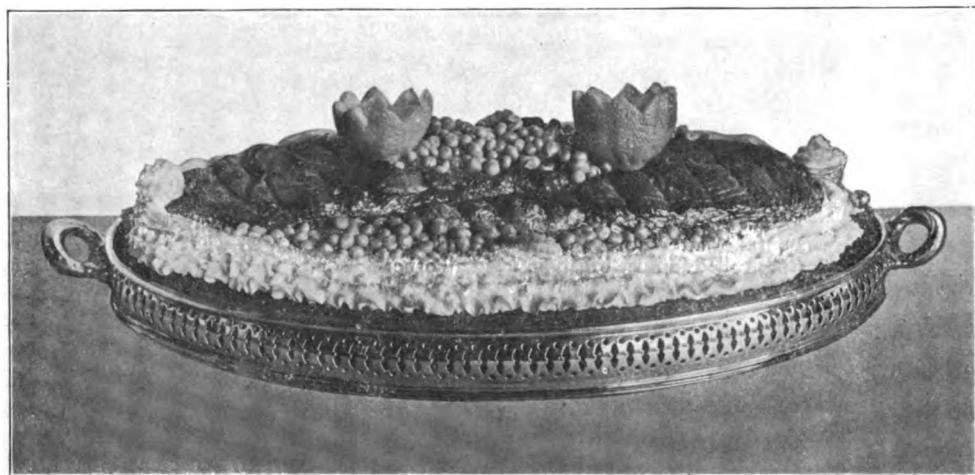
(MARSHALL FIELD'S TEA ROOM)

Beat the whites of four eggs very stiff; beat the yolks of four eggs quite thick,

place on fish plank; let cook fifteen minutes in a hot oven; remove plank from oven. Have ready in pastry bag one pint of Duchesse potatoes; pipe around edge of plank; brush edges of potato with beaten yolk of egg, diluted one-half with cold water. Return to hot oven to brown potato. Just before serving add fresh green peas and garnish with lemon.

Duchesse Potato

To a pint of hot riced potatoes add two tablespoonfuls of butter, half a teaspoonful of salt, the beaten yolks of two eggs and enough hot milk to let the mixture



PLANKED SALMON STEAKS

then beat in half a teaspoonful of salt, and one tablespoonful of sugar and fold into the whites; sift on half a cup of potato flour and half a teaspoonful of baking powder, that have been sifted together twice, and fold the two mixtures together; lastly, fold in two tablespoonfuls of ICE water. Bake in hot, well-greased muffin tins, in a moderate oven, twenty to thirty minutes. These muffins are particularly tender and delicate.

Planked Salmon Steaks

In a well-oiled broiler, over a clear fire, broil two salmon steaks five minutes, turning once. Remove from broiler,

pass through a pastry-bag with tube attached.

Fish Fried in Spanish Sauce

Heat in a spider one cup of olive oil with one-fourth a cup of vinegar and a teaspoonful of salt, stirring all together. Pound through cheesecloth one clove of garlic and two red-pepper pods in a little water on an agate plate, and add the liquid extract to the oil, etc., over the fire. When the whole is very hot drop in smelts, trout, or any other small fish, or larger fish, cut into steaks, and fry until cooked. Fish of not especially rich flesh and of not pronounced flavor are



SALMON SALAD

rendered piquant and delicious by this method.

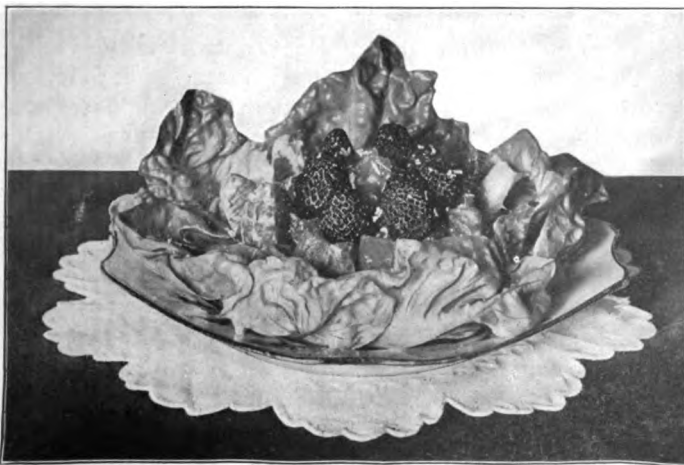
Capon à la Crème

Truss and roast a large capon; let cool, and remove the breasts. Chop these fine, and mix with an equal amount of fine bread crumbs, moistened in hot milk. Add seasoning of one-half a cup of melted butter, one-half a cup of fine-chopped cold, cooked ham, one tablespoonful of onion pulp, one teaspoonful of chopped parsley, two sliced mushrooms, and one or two hard-cooked eggs, chopped. Divide the mixture into two parts; use one part to re-form the breasts; add to the other part enough boiled and mashed

sweet potatoes, or a mixture of white potatoes and boiled and sifted chestnuts, to make enough to stuff the body of the capon. Brush over the breasts with melted butter, set under a gas flame until these are browned, then place the capon in a covered casserole with a little water or stock and cook until reheated through.

Salmon Salad

Cook two pounds of salmon two minutes in rapidly boiling water, seasoned with one-fourth a cup of vinegar, one tablespoonful of salt, one slice of onion, one slice of carrot and one teaspoonful of whole mixed spices. Remove to heat that reduces the water to simmering.



ASTOR HOUSE SALAD

After cooking in this way forty minutes drain salmon with a silver knife and fork; break (not cut) into large pieces and set aside to chill. In a salad bowl mix one teaspoonful of salt, one-eighth a teaspoonful of pepper, three tablespoonfuls of vinegar, two tablespoonfuls of olive oil, and a teaspoonful of chopped parsley; add the salmon and mix very carefully; arrange on lettuce leaves; garnish with stoned olives, a tablespoonful of capers, and two hard-cooked eggs, cut in slices.

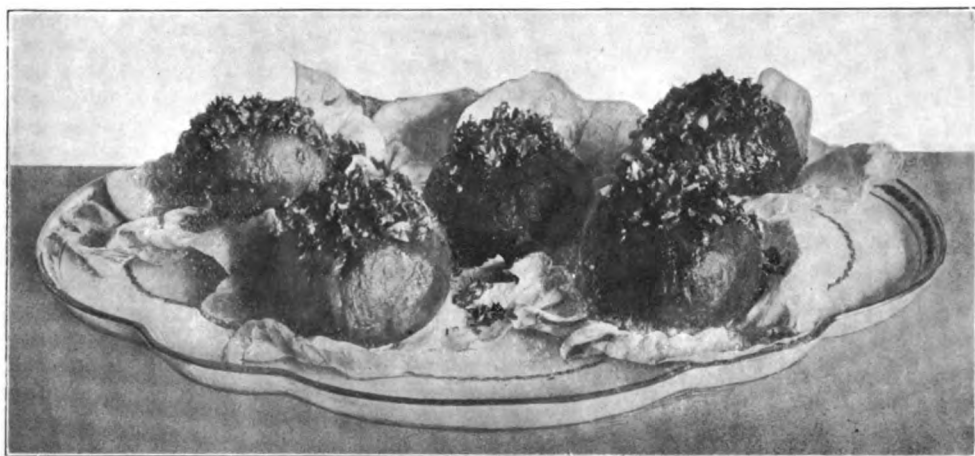
Astor House Salad, Fruit and Cheese

Arrange in a nest of heart leaves of green lettuce six large strawberries, the

with two tablespoonfuls of sugar until well blended, and stir this into a mixture of one-fourth a cup of water and one-fourth a cup of vinegar, heated to boiling point. Cook, stirring constantly, until sauce has boiled for ten minutes, keeping up the quantity of water if necessary. Pour this over hot, cooked, young beets and serve at once. Any other vegetables may be served in the same way.

Meat Cakes, Maison Duval

Take one pound of chopped round steak, and form into six cakes one inch thick. Make a depression in the center of each, and cook on a hot pan in butter



TOMATOES SURPRISE

pulp of one-half an orange, cut in sections, and two tablespoonfuls of pineapple cubes. Make a dressing by mixing with one-fourth a cup of salad oil two tablespoonfuls of lemon juice, a little salt, a speck of paprika, and when well blended add two tablespoonfuls of grated Parmesan cheese. Beat all together, and pour over salad before serving.

This makes an individual portion; the ingredients can be multiplied by the number to be served.

Beets with Sour Sauce (Agra Dolce)

Mix two tablespoonfuls of cornstarch

to which onion juice has been added. Remove to a hot dish, and fill the centers with grated onion pulp. Pour over and around the meat cakes a sauce made by sifting one quart can of tomatoes, cooking down until thick, after adding salt to taste, and four sweet green peppers, cored and steamed until soft, then cut into shreds. Arrange a wreath of fine-chopped green cabbage around the platter before serving.

Tomatoes Surprise

Peel tomatoes. Remove thin slice from top of each and take out seeds and some of the pulp. Sprinkle with salt, turn

upside down and let stand to drain. Just before time to serve, cut cucumbers in cubes, mix with French dressing and use as a filling for tomatoes. Cover the opening of each tomato with chopped parsley so that none of the filling is visible.

Spinach-and-Lima Bean Salad

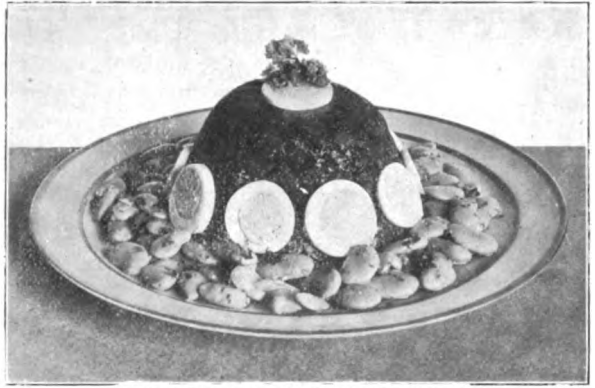
To French dressing add chopped parsley and a few drops of onion juice; pour over cold, cooked lima beans, mix thoroughly and let stand in cool place to become chilled and seasoned. Wash a peck of spinach thoroughly, changing water at least six times. Add salt and let cook until tender, using only water that clings to leaves. Drain and while still hot chop very fine and pack firmly in a deep quart bowl. The next day invert bowl over center of salad plate; remove bowl, leaving spinach; surround by the prepared lima beans and garnish with hard-cooked eggs.

Sweet-Pickle Jelly

Soften one-half a package of gelatine in one-half a cup of cold water and dissolve in two cups of syrup from sweet pickle jar and the juice of one orange, heated to boiling point. Turn into a mould to chill. Serve with unsweetened whipped cream.

Asparagus Pudding

Cream one-fourth a cup of butter; add four well-beaten eggs, alternately, with one cup of flour sifted with one-fourth a teaspoonful of salt and a little pepper, and, if necessary, milk to make a thick batter. Stir into this four dozen asparagus stalks, cut in

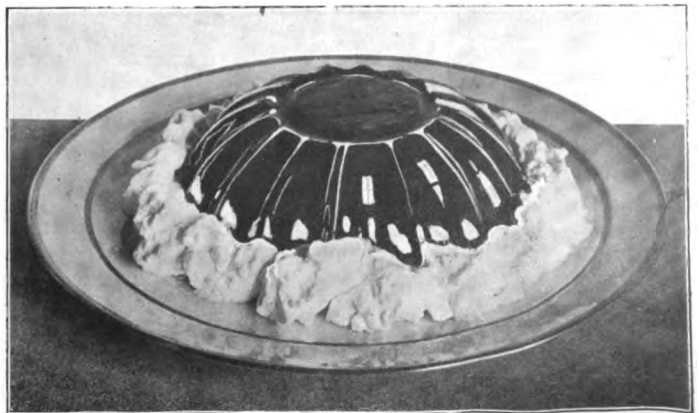


SPINACH-AND-LIMA BEAN SALAD

half-inch pieces, and a few tablespoonfuls of chopped chicken, veal, or ham. Steam in a well-greased mould until pudding is firm; turn on a platter and serve as an entrée with Hollandaise or any preferred sauce.

Soused Fish

When a large supply of fish is on hand in warm weather, it may be kept good for a week by storing in a cool place immersed in the following pickle. Measure one-half of the water in which the fish was boiled, and cook in it a small bag of mixed-pickle spice until the liquid is flavored, then add as much vinegar as there was water, let boil up once, and pour over the fish, cut in slices, in a stone jar. There should be liquid enough to cover the fish. Fish so treated is excel-



SWEET-PICKLE JELLY

lent to mix with potatoes for a fish pudding, to use for salad, or to brown in butter on a hot pan and serve with a garnish of cress.

Boston Cream Pie

Cream one cup of butter; add one cup of sugar, gradually. Beat in the yolks of four eggs, beaten until very light; add, alternately, one cup of milk and three cups of flour, which has been previously sifted with four teaspoonfuls of baking powder; lastly, fold in the whites of four eggs, beaten dry. Bake in three round, layer-cake pans. Put the layers together with English custard or cream

milk, or an ounce of chocolate, cooked with two tablespoonfuls, each, of sugar and water, may be added to the milk.

Confectioner's Frosting

Into four tablespoonfuls of boiling water stir enough sifted confectioner's sugar to make a paste that will not run from the cake. Flavor with half a teaspoonful of vanilla, orange or lemon extract.

Creamed Grape Juice Cup

Dissolve one-fourth a cup of sugar in one pint of grape juice, and add one pint of Apollinaris water. Pour into tall



BOSTON CREAM PIE

and spread the top with a thin layer of confectioner's frosting.

English Cream

1 pint of hot milk	1/2 a cup of sugar
1/2 a cup of flour	1/2 teaspoonful of
1/2 a cup of sugar	vanilla
2 eggs or four yolks	1/4 a teaspoonful of
of eggs	salt

Mix or sift together the flour, salt, and half cup of sugar; dilute with the hot milk, then cook and stir over hot water until the mixture thickens; then cook, stirring occasionally, fifteen minutes; beat the egg, add the rest of the sugar and stir into the hot mixture; stir until the egg looks cooked, then cool and flavor. One-fourth a cup of clear black coffee may be substituted for the same quantity of

glasses with shaved ice at the bottom, and float on each glass a slice of orange with a strawberry on top. Over this pile heavy cream, whipped stiff with enough juice from rich strawberry preserve faintly to tint it pink. Decorate with sections of orange pulp freed from the skin, and fresh strawberries, and dust the whole with powdered sugar.

Four-Fruit Jelly

Put into a porcelain preserving kettle one quart of hulled strawberries, one quart of raspberries, one quart of red currants, picked free of stalks, and one pound of cherries, either red or black, stoned. Add four pounds of granulated sugar, and mash fruit and sugar together



LITTLE CHOCOLATE CAKES WITH ICING

with a wooden mallet. Let stand an hour, place over fire, and heat slowly until sugar is melted. Continue cooking until the mixture boils, and the fruits have all risen to the surface. Now dip out the fruits with a small strainer and put into small glasses as marmalade, and continue cooking the syrup until it jells; pour into glasses and seal.

Italian Tutti-Frutti Ice

Choose several kinds of fruits, such as oranges, plums, strawberries, raspberries, cubes of watermelon — as great a variety as you please, removing the stones from plums, apricots, etc., and using only the pulp and grated rind of the oranges. Weigh, and allow an equal weight of sugar. Make alternate layers of fruit and sugar in a deep bowl or jar, being sure to have a sugar layer on top, and let stand overnight. In the morning heat almost, but not quite, to boiling, to make sure the sugar is all dissolved and the fruit juices have come out, then let cool, and when almost cold put into the

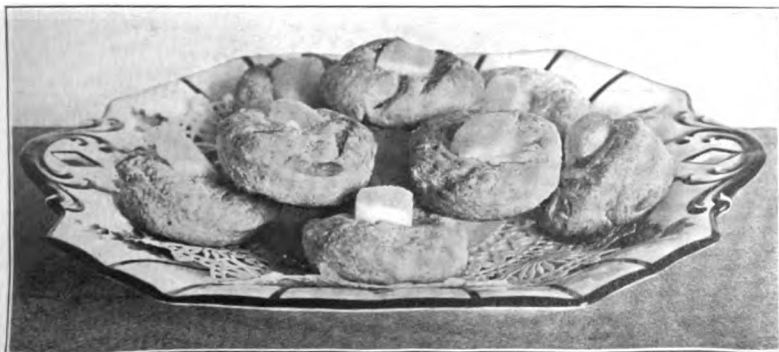
freezer and freeze as for any ice. This is the genuine Italian tutti-frutti.

Little Chocolate Cakes en Surprise

Sift together one cup and a half of flour, three-fourths a cup of sugar and one teaspoonful of soda. Add one cup of thick sour milk, one square and one-half of melted, unsweetened chocolate, one tablespoonful of melted shortening and one-half a teaspoonful of vanilla extract. Beat until smooth. Then bake in small muffin or biscuit pans for about twenty minutes. Remove from tins and with the point of a sharp steel knife cut out a circular piece in each cake; discard the soft part and save the crusty disc. Fill the cavities with whipped cream, replace the disc of crust and cover with chocolate icing.

Chocolate Icing for Little Chocolate Cakes

Melt two squares of unsweetened chocolate, and two tablespoonfuls of butter with two tablespoonfuls of hot



AFTERNOON-TEA BISCUIT (For recipe see May number)



A DISH OF STRAWBERRIES

water. Stir until well blended, then add sufficient confectioners' sugar to make a smooth icing. A few drops of vanilla extract may be added if desired.

Madison's Whim (Old Southern Cake Recipe)

Cream three-fourths a pound of butter with one and one-half pounds of sugar; add the beaten yolks of six eggs, then the stiff-beaten whites, alternately, with one and three-fourths pounds of pastry flour, sifted with one-half of one grated nutmeg and one teaspoonful of ground cloves. Lastly, add carefully and a little at a time one pint of rich milk, or milk enough to make a stiff batter. When this is smooth and light, add one pound of white Sultana raisins, chopped or cut in pieces and lightly dredged with flour. This

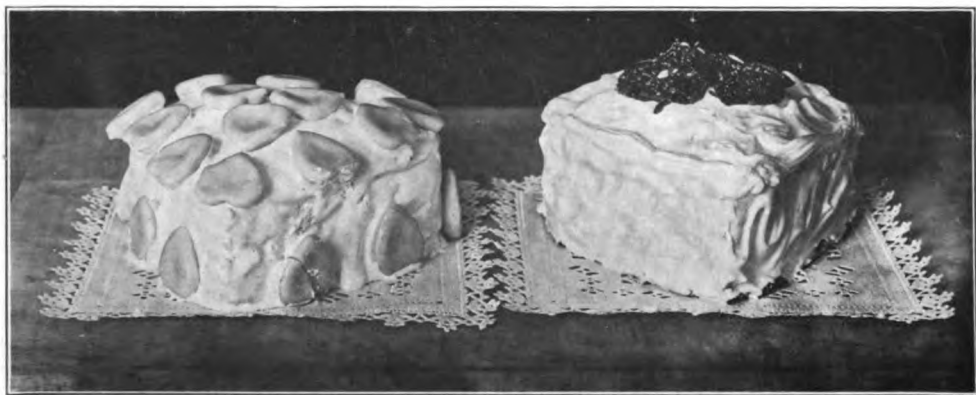
cake should be baked in a large pan, not more than three inches deep, half-filled with the batter.

Heart Cakes for Engagement Luncheons

Cream one-half a cup of shortening; add one-half a cup of sugar, the grated rind of one orange and four egg-yolks, beaten very light. Sift together one cup of flour, one tablespoonful of cornstarch and one teaspoonful of baking powder. Add this mixture to the butter mixture, alternately, with the whites of four eggs beaten dry. Bake in a heart-shaped cake pan about thirty-five minutes. Cover with a boiled frosting and decorate with hearts of fondant or hearts and arrows cut from red candied pineapple.

Conserve of Beets

Carefully peel one dozen small beets and cook in two or three cups of water 20 minutes, or until beets can be pierced with a wooden toothpick. Skim, and add four pounds of sugar, the juice of six lemons and the grated yellow rind of four, one dozen cloves and four inches of stick cinnamon, tied up in thin cheese-cloth, and boil for one hour. Remove spice, skim out beets into sterile jars, boil syrup until thick and pour over. Seal as for any preserve. This makes a delicious conserve, and a spoonful of the



HEART CAKES FOR ENGAGEMENT LUNCHEONS

juice gives a lovely color to ice creams, whipped cream, jellies, sherbet, mayonnaise, or cake icings.

Cold Process Currant Jelly (A French Recipe)

Pick the currants when just ripe, or a little under-ripe; remove from stalks, and crush them in a large bowl until the juice flows, being careful not to crush the seeds. Put juice and fruit into jelly bags, and let drip; at the last the bags may be gently squeezed. Weigh the juice, and allow two pounds of sugar to every pound (or pint) of juice. Stir until all the sugar is dissolved. Cover the sweetened juice, and set in the refrigerator for twenty-four hours, frequently stirring during this period. Then pour into jelly glasses, set in hot sunshine for two or three days; cover, and store in ice-house or refrigerator until mid-winter, when the jelly should be fit to use and will be found very superior.

Pineapple Pie

In the top of a double boiler, scald one can of grated pineapple; sift together three tablespoonfuls of flour, three tablespoonfuls of cornstarch, one-half a teaspoonful of salt and one cup of sugar; add this mixture to the hot pineapple and stir constantly until the mixture thickens; cover and let cook about fifteen minutes; then beat in one tablespoonful of butter and the grated rind and juice of half a lemon. Line a pie plate with pastry; fill with the pineapple mixture, which has been slightly cooled; set strips of pastry over the filling in lattice fashion. Dredge with sugar, and bake to a golden brown.

Fresh Cocoanut Cakes

Drain the milk from one large, fresh cocoanut; break the shell, remove the

meat, and grate fine in the nut-grinder. Measure the milk; add an equal quantity of water, and cook with two cups of sugar until a ropy syrup is formed. Pour this into a bowl; add the whites of three eggs, beaten with one cup of sugar as for a meringue and mixed with the grated cocoanut. These should be added gradually, beating all the time, and the syrup should be hot enough partly to cook the whites of egg. If the batter is too thin, a very little flour and sugar sifted together in equal parts may be added. Drop by spoonfuls on buttered paper, and bake until firm. They are better if not allowed to brown.

Martello Creams

Soak one package of gelatine in one cup of milk until the gelatine has absorbed the milk. This takes much longer than when water is used. When fully hydrated dissolve in three cups of hot milk, and, when the gelatine is completely liquefied, add one cup and one-half of sugar. Place over fire until the milk is very hot, and then beat in three well-beaten egg-yolks, removing from fire, but continuing to beat until mixture coats the spoon. Set away to cool, and meantime whip stiff one pint of cream, and in a separate bowl the whites of the three eggs. When the gelatine begins to harden round the edges, whip into it, a little at a time and alternately, the whipped cream and the beaten whites, adding by degrees the juice of a large lemon. Arrange in the bottom of two or three cylindrical moulds a circle of candied cherries; add enough of the gelatine mixture to keep them in place, and when nearly firm fill the moulds with the remainder of the mixture, to which one-half a pound of candied fruit of any kind, chopped fine, has been beaten in. Unmould when formed, and eat with chocolate sauce or melted fruit jelly.



Seasonable Menus for Week in June

SUNDAY	Breakfast Strawberries, au Naturel Broiled Calf's Liver and Bacon Potatoes Hashed in Milk Rye Muffins Coffee	Breakfast Grape Juice Boiled Rice, Cream French Omelet with Peas Dry Toast Glazed Currant Buns Coffee	WEDNESDAY
	Dinner Mock Turtle Soup Riced Potatoes Filet of Veal Currant Jelly Creamed Bermuda Onions Fresh Peas Romaine Salad Café Parfait French Pastry Half Cups of Coffee	Luncheon Cream-of-Asparagus Soup Olive-and-Cream Cheese Sandwiches Strawberry Tarts Tea	
	Luncheon Welsh Rabbit Sandwiches Fresh Pineapple Cookies Tea	Dinner Cold Roast Beef, Sliced Hashed Brown Potatoes, Asparagus on Toast Lettuce Salad Vanilla Ice Cream Crushed Pineapple Wafers Coffee	
	Breakfast Stewed Prunes Gluten Grits, Top Milk Salt Codfish, Creamed Baked Potatoes Corn Meal Muffins Coffee	Breakfast Strawberries Cream Quaker Oats Spider Corn Cake Shirred Eggs Coffee	
MONDAY	Luncheon Spinach-and-Lima Bean Salad Pulled Bread Cocoa	Luncheon Consommé Strawberry Shortcake Cocoa or Tea	THURSDAY
	Dinner Veal (reheated in gravy) Mashed Potato Spaghetti, Tomato Sauce Rhubarb-and-Raisin Sauce Baked Indian Pudding Coffee	Dinner Hungarian Goulash Corn Fritters Lettuce-and-Peppergrass Salad Rhubarb-and-Pineapple Tart Half Cups of Coffee	
TUESDAY	Breakfast Orange Juice Cream of Wheat Minced Veal on Toast Waffles Maple Syrup Coffee	Breakfast Salt Codfish Balls, Cucumbers Popovers Coffee Doughnuts	FRIDAY
	Luncheon Lettuce-and-Egg Salad Baking Powder Biscuit Charlotte Russe Tea	Luncheon Lobster Salad Graham Bread Lady Fingers Tea	
SATURDAY	Dinner Prime Ribs of Beef, Roasted New Potatoes New Beets, buttered Endive Salad Apricot Sherbet Sponge Drops Coffee	Dinner Boiled Salmon, Lobster Sauce Green Peas Boiled Potatoes Water Cress Salad Rhubarb Sherbet Half Cups of Coffee	
	Breakfast Creamed Salmon au Gratin White Hashed Potatoes Pickled Beets Yeast Rolls (reheated) Coffee	Luncheon Corn Chowder Toasted Crackers Prune Pie Tea	Dinner Cannelon of Beef Macaroni with Tomato-and-Cheese Lettuce-and-Green Mustard Salad Cream Cakes with Sugared Strawberries Coffee

Menus for Occasions in June

LUNCHEONS

I

	Choice Strawberries with Hulls Retained	
	Cream-of-Green Pea Soup, Bread Sticks	
Radishes		Olives
Halibut Timbales		Shrimp Sauce
	Light Colored Beets, Stuffed with Chopped Cucumbers	
	Chicken en Casserole, Asparagus, Hollandaise Sauce	
	Rice Croquettes, Pineapple Sauce	
	Sultana Roll, Crushed Strawberry Sauce	
Little Cakes, Fondant Frosting		Coffee

II

Strawberries or Red Raspberries
 Clam Broth, Whipped Cream
 Creamed Lobster in Timbale Cases
 Little Filets of Beef, Stuffed
 Fried Bananas, Brown Mushroom Sauce
 Parker House Rolls
 Lettuce-and-Asparagus Salad
 Graham Bread-and-Cream Cheese Sandwiches
 Vanilla Ice Cream Molded with Strawberry Sherbet
 Little Cakes
 Coffee

CLASS SPREAD

I

	Fresh Salmon-and-Lettuce Salad	
Cold Chicken, Sliced Thin		Olives
	Bread-and-Butter Sandwiches	
	Salad Rolls, Buttered	
	Vanilla-Strawberry-and-Chocolate Ice Cream (Served in Cups)	

II

Chicken Salad (chicken, nuts, cucumbers)
 Bread-and-Butter Sandwiches
 Tiny Cream Cakes, Whipped Cream Filling
 Chocolate Frappé, Strawberry Ice Cream

III

	Sardine-and-Egg Sandwiches	
	Deviled Ham Sandwiches	
Pickles		Olives
	Assorted Cake	
Strawberry Cup (Lemon Sherbet with Sugared Strawberries)		

WEDDING RECEPTION

I

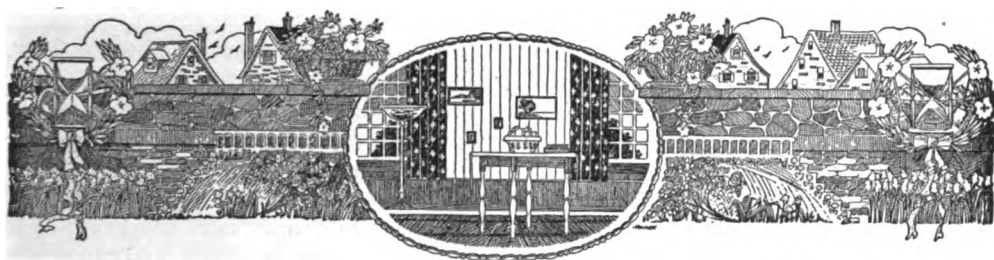
	Lobster Salad	
	Chicken, Sweetbread-and-Cucumber Salad	
	Salad Rolls (buttered)	
	Lettuce Sandwiches	
	Pineapple Sherbet	
	Strawberry Bombe Glacé	
Angel Cake	Sponge Cake	Macaroons
	Iced Tea with Pineapple Juice	

II

	Jellied Chicken Broth in Cups	
	Cold Mousse of Chicken with Lettuce, French Dressing	
	Bread-and-Butter Sandwiches	
	Raspberry Ice Cream	
White Fruit Cake		Sunshine Cake
	Lemonade with Grape Juice	

Seasonable Menus for Week in July

SUNDAY	Breakfast Blueberries Eggs Poached in Cream on Toast Graham Muffins Coffee	Breakfast Grapefruit Lamb, Potato-and-Pepper Hash Potato Flour Muffins Doughnuts Coffee	WEDNESDAY
	Dinner Broiled Spring Chickens Delmonico Potatoes String Beans Rice Croquettes, Currant Jelly Sauce Tomato-and-Lettuce Salad Raspberry Sherbet Angel Cake Half Cups of Coffee	Luncheon Asparagus on Toast, Poached Eggs Rye Biscuit (yeast) Berries Jumbles Tea	
	Luncheon Creamed Asparagus on Toast Boston Cream Pie Tea	Dinner Stuffed Leg of Lamb, Roasted Franconia Potatoes Swiss Chard as Greens Peas Sliced Tomatoes Cottage Pudding, Raspberry Hard Sauce Half Cups of Coffee	
MONDAY	Breakfast Orange Juice Minced Chicken on Toast Fried Rice Maple Syrup Coffee	Breakfast Raspberries Broiled Ham (thin sliced) Baked Potatoes Poached Eggs Toast Coffee	THURSDAY
	Luncheon Cold Boiled Tongue Potato Salad Blueberries Crackers Milk Tea	Luncheon Creamed Crab Flakes on Toast Bread Crumb Griddle Cakes, Syrup Tea	
	Dinner Broiled Mutton Chops Scalloped Potatoes Stuffed Tomatoes Summer Squash Cucumbers, French Dressing Blueberry Pie, Cream Cheese Half Cups of Coffee	Dinner Lamb reheated with Macaroni and Tomato French Fried Potatoes Spinach Vanilla Ice Cream, Hot Chocolate Sauce Little Cakes Coffee	
TUESDAY	Breakfast Sliced Pineapple Quaker Oats, Top Milk Eggs Scrambled with Dried Beef Toast Coffee	Breakfast Blueberries Cream of Wheat, Top Milk Goldenrod Eggs Toast Waffles Maple Syrup Coffee	FRIDAY
	Luncheon Lamb Stew, Dumplings Nut Cake, Caramel Frosting Tea	Luncheon Fresh Fish Chowder Cabbage Salad Stewed Blueberries Orange Cookies Tea	
	Dinner Lobster Soup Veal Cutlets, Tomato Sauce Potato Croquettes Hot Raspberry Shortcake Half Cups of Coffee	Dinner Tomato Soup Baked Fish, Stuffed Riced Potatoes Cucumbers Summer Squash Peas Hot Rice Raisin Pudding, Cream Coffee	
SATURDAY	Breakfast Orange Juice Gluten Grits, Cream Eggs Cooked in Shell Corn Muffins Fried Mush, Syrup Coffee	Luncheon Salmon Salad Parker House Rolls Tapioca Cream Cocoa	Dinner Broiled Tenderloin Steak Creamed Potato Horseradish Sauce Buttered Beets Lettuce-and-Tomato Salad Butterscotch Pie Half Cups of Coffee



Conservation in Food and Fuel

By F. M. Christianson

EVERY housewife and every one whose duty it is to cook should know the beef cuts of an animal in detail. Such knowledge will not only provide better meats for the table, but it will prove economical as well. The cheaper cuts of meat provide just as much nutriment as dearer ones, provided the cook knows how to prepare them.

Take that part of the beef, for example, that is known as the Brisket. It is of fine texture, the fibres lying close together, hence it requires long cooking, but it is good eating. Suppose you bought a four-pound chunk, then you can easily cut off a pound of pure lean meat, which may be put through the meat-cutter, mixed with egg as a binder, formed into pats and fried for flavor in a little meat dripping for dinner one day.

The fat, at least half a cup, can be tried out to use for other frying and still you have enough of the brisket left for a boiled dinner for another day. And yet the meat need not cost more than 75 cents.

Two small veal shanks have great possibilities and a soup made of them is in a class by itself. I had veal shanks from the same butcher for years, when one day he told me he never had veal shanks now. "Oh!" I said, with as much surprise as I could muster. "Do calves not have shanks any more?"

"Yes, but we cut the meat off the shanks now and that brings many times over what the shanks did."

But that was only one butcher. I can always get veal shanks when I want them.

Put the shanks in a pot of cold water and bring slowly to a boil; skim the pot as required. After it reaches boiling point keep the liquid gently rippling or, as the Continental Woman puts it, keep the soup-pot smiling, but never laughing. When the meat has been simmering for about an hour, add potatoes, carrots, onions, a stalk of celery, and cabbage, shredded fine, a spoonful of peas or a helping of tomato left over from the day before. Flavor with salt and pepper and a sprig of chopped parsley; a dozen raisins or three or four good, fat prunes put in with the carrots will improve the soup. A half cup of barley or rice may also be put in, if you choose.

Cook slowly till done; serve piping hot in hot plates. The labor of cooking is very small and may be attended to in the course of other duties about the house. About 5 cents' worth of gas will be required to do the cooking.

The soup-pot should be of iron and it should never be covered tight. Too intense heat ruins the flavor of both meat and vegetables. It is quite possible, after the pot boils, to keep it simmering on less than 2 feet of gas the hour. In other words more fuel is needed to fry, say, beef or pork chops for ten minutes than is needed to simmer meat for some three hours.

When simmering, use a front burner and then by having the tea kettle on the back burner, just opposite, you will get enough heat from that to heat water in the tea kettle with which to replenish the water in the soup-pot, lost by boiling.

When your meal is over, turn the soup from the iron pot into a good crock and when it is cool, it may be set in the ice box, or in some cool place and used another day.

Note, too, in case you need a kettle of hot water in a hurry. Do not fill the kettle with water and set over the flame. This is sheer waste of time and gas. But try this way: put a dipper full of water in the tea kettle; when it is near boiling, add another and so on till the kettle is full. You'll have a kettleful of boiling water in less than half the time required by the first method.

The iron pot is best for soup-making and pot-roasting. It allows one to apply dry heat and so brown the meat or fowl, increasing the flavor and adding to its appearance. And appearance often helps the appetite just as savory odors do, when these make the mouth water, in anticipation.

The sickly, white, consumptive-looking meat and fowl and sauce, which should be a rich brown, that is so often served, is not appetizing, to say the least, and we can say with Dickens that, "A poorness of blood flowed from that table."

For thickening gravy, potato flour, cornstarch or wheat flour may be used. If cornstarch is used, take as much as you think will be needed to thicken the amount of gravy you have; place it in a cup and add a little cold water, to dissolve it, and stir it into the gravy. If the gravy is then too thick, you can dilute it with a little hot water or with a little good cold coffee. A chef I know does this and it gives an extra fine flavor to his gravy.

Long, slow cooking is the way with all the cheaper cuts of fresh meat and corned beef.

The food value of meat is larger than that of vegetables; the former provides protein or tissue-building material, thus meat seems essential in the diet of all persons whose labor calls for the expenditure of muscular energy. Besides underfed or poorly nourished folk fall an easy prey to disorders, which healthy people escape.

Seneca, the Roman philosopher, came to the conclusion that, "Man does not die, he kills himself." This might be said with reference to present-day recklessness in eating and drinking.

Salads and Salad Dressings

By J. J. O'Connell

SALADS furnish endless ways for the use of left-overs. The housekeeper may almost always find in her ice box remnants of left-overs of cooked fish, meat and vegetables which are waiting for the crisp green, the dressing and the deft fingers. The secret of a salad is all in the dressing. French and mayonnaise dressings are most commonly used on salads, but for those who never enjoy olive oil, boiled dressings have been concocted. An ordinary French dressing is very easily and quickly made. Mix three-fourths a teaspoonful of salt, one-fourth a teaspoonful

of pepper, two tablespoonfuls of vinegar and four tablespoonfuls of olive oil, and stir until well blended.

Parisian Dressing — Mix one-half a cup of olive oil, five tablespoonfuls of vinegar, one-half a tablespoonful of powdered sugar, one tablespoonful of fine-chopped Bermuda onion, two tablespoonfuls of fine-chopped parsley, one teaspoonful of salt, four red peppers and eight green peppers. Cover and let stand one hour. Then stir or shake vigorously for five minutes. The red and green peppers are the small ones found in the pepper sauce

that may be bought at the grocery.

Boiled Salad Dressing — Mix one-half a tablespoonful of salt, one-half a tablespoonful of mustard, three-fourths a tablespoonful of sugar, one egg, slightly beaten, two and one-half tablespoonfuls of melted butter and three-fourths a cup of thin cream. When thoroughly blended add very slowly one-fourth a cup of vinegar. Cook in a double boiler, stirring constantly until the mixture thickens slightly, then strain and cool.

Brunswick Salad — One and one-half cups of fine-cut celery, one cup of nut meats, broken in pieces, and one cup of shredded cabbage, mixed and moistened with boiled dressing. Serve in salad bowl made of a small, firm, white cabbage.

Lenox Salad — Remove the skins and seeds from white grapes. Add an equal quantity of English walnut meats, broken in pieces. Mix with French dressing and arrange on lettuce leaves.

Lyman Salad — Select long, green peppers, cut in halves, lengthwise, remove the seeds and fill with grapefruit-pulp, celery and apple, fine-cut, and pecan nut meats, broken in pieces, using half as much, each, of celery and apple as of grapefruit and allowing three nut meats to each case. Arrange on lettuce leaves and cover with mayonnaise dressing.

Tomato Ciboulets — Tomatoes from which the skins have been removed, cut in slices and sprinkled with fine-chopped fresh tarragon, are delicious when simply served with a French dressing.

Stuffed Tomato Salad — Peel six small tomatoes, cut a slice from the stem end of each, remove the soft inside, sprinkle the insides with salt and let stand, inverted, thirty minutes. Mash half a ten cent cream cheese, add six chopped pimolas, one tablespoonful of fine-chopped parsley, one tablespoonful of tomato pulp, one-fourth a teaspoonful of dry mustard and enough French dressing to moisten. Fill the tomato cases with the mixture and serve on lettuce leaves with mayonnaise dressing.

Tomatoes Stuffed with Pineapple —

Pare medium-sized tomatoes, remove a thin slice from the top of each, and take out the seeds and some of the pulp, sprinkle inside with salt and invert and let stand in a cold place thirty minutes. Fill cases with pineapple, cut in small cubes or shredded, and nut meats broken in small pieces, using two-thirds pineapple and one-third nut meats mixed with mayonnaise dressing. Arrange on lettuce leaves and garnish with mayonnaise, halves of nut meats and slices cut from the tops, cut square.

Dressed lettuce, chicory, romaine or endive make a very popular salad course at dinners, served with wafers, cheese straws, sandwiches or cheese balls.

Berkshire Salad — Mix two cups of cold riced potatoes and one cup of pecan nut meats broken in pieces. Mix with a French dressing, arrange in a mound on a bed of watercress and garnish with halves of pecan nut meats.

Oak Hill Salad — Cut cold boiled potatoes in half-inch cubes. There should be two cups; add one-half cup of fine-cut celery and a medium-sized apple, pared, cut in eighths and eighths cut in thin slices. Mix with French dressing, arrange in a mound and garnish with celery tips and sections of a bright red apple.

Egg Salad — Cut hard-boiled eggs in halves, lengthwise, remove the yolks and rub to a paste; add an equal quantity of sardines, freed from skins and bones, and moisten with a small quantity of mayonnaise dressing; arrange the mixture in a mound on a bed of lettuce. Place the little center tuft of lettuce at the top of the mound and at the base arrange the whites of the eggs, filled with mayonnaise dressing.

Washington Salad — Wash four medium-sized beets and cut into small pieces; place in a stew pan with one tablespoonful of chopped onion, one tablespoonful of chopped red or green pepper, three tablespoonfuls of sugar, one saltspoonful of salt, one bay leaf, four cloves and three peppercorns. Pour over all one pint of cold water and let cook

slowly until the beets are tender; then add one-half a cup of lemon juice. Soak one large tablespoonful of granulated gelatine in a little cold water ten minutes,

then strain the hot mixture over it. Blend thoroughly and strain again. Turn into individual moulds and set on ice until firm. Serve on ribboned lettuce.

Keep Cool in Summer, and Keep Well, by Using Cooling Drinks and Desserts

By Mary Mason Wright

WHEN the hot weather comes there is a demand for cooling drinks, and frozen desserts, even the fruit sherbets and sorbets are very acceptable, although they are not much more than frozen drinks; yet with the addition of egg-whites, nut-meats and conserves or whole fruit, they are not only delightful to the palate, but are nourishing, and suited to the needs of the system during hot weather.

Banana Cream

1 pint whole milk	1 pint cream
2 eggs	1 pint banana pulp
2 oranges	$\frac{1}{2}$ lemon
2 cups sugar	1 teaspoonful vanilla

Just bring the milk to the boil, then stir in the well-beaten eggs, add the sugar and cook until smooth; then let cool and add the vanilla. Add the cream and pour into the freezer and partly freeze; then stir in the banana pulp, and the fruit juices and complete freezing. Serve in glasses with balls of banana rolled in lemon juice, and then in powdered sugar.

Orange Cream

$\frac{1}{2}$ cup rice	1 quart whole milk
$\frac{1}{4}$ oranges	2 cups sugar
1 pint cream	$\frac{1}{2}$ teaspoonful salt

Place the milk and the rice and salt in a double-boiler and cook until tender; let simmer a little of the grated rind of the oranges in this; then add the sugar and cook a little while longer. Pass through sieve. Cool, and then turn into a freezer, and when it has commenced to freeze stir in the whipped

cream, and the orange pulp, and finish freezing. A good orange cream is also made without the rice. Use two eggs to a pint of milk and one of cream. Scald the milk, and pour over the well-beaten eggs, and stir over the fire until smooth; then add the sugar to taste, and cool. Pour into a freezer and partly freeze, stir in the whipped cream and the juice and pulp of the oranges. Complete freezing.

Melon Cream

1 pint melon pulp	1 quart whipped cream
1 teaspoonful vanilla	$\frac{1}{2}$ cup powdered sugar

Choose small nutmeg melons that are fine-flavored, and after removing the seeds and membranes remove all the pulp that can be removed, cutting it up in small pieces, and pass through sieve. Flavor the whipped cream with the vanilla, and sweeten to taste with the powdered sugar; then fold into the melon pulp. Freeze until stiff and serve with glacé oranges, or a half cup of orange or pineapple juice may be added to the melon pulp.

Pineapple-Mint Sherbet

1 pint chopped pineapple	2 cups sugar
8 mint leaves	3 lemons
2 egg-whites	5 cups boiling water
	1 tablespoonful gelatine

Place the mint leaves and the thin rind of the lemons in a cup or two of the water, and let simmer for about twenty minutes, then strain. Stir the gelatine dissolved in a fourth cup of water. Add the sugar and the remaining water and let boil to a syrup; add the lemon juice and let

cool; then add the mint and pour into freezer and freeze to a mushy consistency; then stir in the pineapple pulp, and complete freezing.

Caramel Ice Cream

3 cups heavy cream	3 cups milk
2 whole eggs	1 tablespoonful
$\frac{1}{2}$ cup caramelized sugar	vanilla
$\frac{1}{4}$ teaspoonful salt	1 cup light brown sugar

Scald the milk in a double-boiler; beat sugar and eggs together until light; add to the scalded milk and stir until the mixture thickens; add salt. While still warm add the caramelized sugar, brown the sugar, but be careful not to let it burn, and one-fourth a cup of boiling water. Turn into a freezer and partly freeze; then stir in the whipped cream, and complete freezing. Pack down in salt and ice and allow to stand a few hours before serving. A few fine-chopped nut meats improve this cream

Grape Ice Cream

1 pint heavy cream	1 pint top milk
1 cup grape juice	1 cup sugar
1 tablespoonful gelatine	

Scald the milk, adding just a pinch of salt and the sugar; then stir in the gelatine, dissolved in a little cold water. Let cool, freeze, partly, and stir in the grape juice and the whipped cream. Freeze, and pack down in salt and ice and let stand one or two hours.

Cocoa Ice

1 pint water	1 pint milk
1 cup heavy cream	6 tablespoonfuls cocoa
1 teaspoonful vanilla	(level)
	6 tablespoonfuls sugar

Mix the cocoa and sugar; add a little of the water and mix to a paste, then add the remainder of the water. Bring to the boiling point and let boil two or three minutes; add the milk and bring to the boiling point again. Remove from the fire, and let cool. Flavor with the vanilla. Pour into a freezer and freeze to a mushy consistency; then stir in the cream, whipped stiff and sweetened with

a little powdered sugar. This is nice served with maple-nut sauce. By using shaved ice with this instead of freezing it in a freezer you have a delicious iced cocoa. Top with the whipped cream.

Orange-and-Peach Sherbet

1 quart peach pulp	2 cups strained orange juice
1 pound sugar	1 pint water
2 egg-whites	

Boil the water and sugar together for about twenty minutes, then let cool. Add the peach pulp, using nice, ripe, uncooked peaches that will mash fine, and the orange juice, and pour into freezer and freeze to a mushy consistency, then stir in the whipped egg-whites and continue freezing by packing down in ice and salt, but do not stir any more.

Maple-Nut Mousse

1 pint heavy cream	1 cup maple syrup
1 cup chopped nut meats	1 tablespoonful gelatine
Plain ice cream	

Place the maple syrup in a double boiler and heat, then stir in the gelatine that has been dissolved in a little cold water; then add the chopped nut-meats, and fold in the cream, whipped until light. Line a mould with plain ice cream, and fill the center with this mousse, cover tightly and pack down in ice and salt for two or three hours. Dip the mould in hot water, turn out on cold platter and slice down. This is fine with chocolate ice cream, also; line the mould with the chocolate cream instead of the plain ice cream.

Frozen Fig Pudding

1 pound good figs	1 quart good milk
1 pint heavy cream	1 lemon
1 cup sugar	1 pint water
2 eggs	

Wash the prunes and let soak in the water overnight; add the sugar and let simmer slowly until the figs are tender, then remove and when cool cut up into bits. Place the milk in a double boiler and add the beaten eggs and cook until smooth, stirring constantly. Let cool

and freeze partly, then stir in the figs and the whipped cream. Pack down in salt and ice. Add sugar to the custard cream to taste before freezing.

Melon Lily with Ice Cream Center

Small, fine-flavored cantaloups or muskmelon
Ice cream

Halve the melons, remove the seeds

and the membranes, and cut into about ten sections. Arrange on plate in the form of lily petals, and place in the center a small, round or cone-shaped mould of ice cream, using either a coffee or chocolate ice cream, or use a plain vanilla ice cream, grate a little chocolate over it. Select melons with a yellow or deep orange flesh.

New Potatoes Out of Season

By Ann K. Robinson

I WAS paring old potatoes, hateful task, when Jane descended upon me, crisp and cool in her newest apron. "My! what thick skins you have, Grandmother," she mocked in true Red Riding-hood style. Now, I am grandmother to no one, least of all to this particular person, who is barely ten years my junior, so I knew she was referring disdainfully to my old-time methods. Jane has her eyes open, so for that matter have I, yet from force of necessity one of mine is turned in the direction of Son, and while the other is a perfectly good, wide-awake eye, too much cannot be expected of it. Jane's eyes, on the other hand, work in double harness and what they don't see simply is not worth looking at.

With a "show-me" air I handed the knife to her, gleefully hoping she would demonstrate her latest wrinkle while I fried the steak. No such luck for mine, for she laid it down and picked up the vegetable brush; with a vengeance she gave each potato the scrubbing of its life and then a plunge in the hot water, while I vainly protested that I was going to mash them. "Well, you may when the proper time comes," she promised, as she clapped on the lid. When they were about half done she drained, peeled and quartered them and returned them to the pot and poured on fresh hot water. In

ten minutes, explaining solemnly that the proper time was upon us, she drained them again and before I knew it, she had them fluffed up, a snow-white mass that was considerably larger than it would have been had a good percentage remained on the raw skins.

"The time between operations can be extended indefinitely," she explained, kindly. "I often partly boil mine Saturday afternoon, then peel and return them to hot water for a second boiling when I come home from church.

"And I know something else about potatoes," she volunteered, with the pardonable pride of two months' experience.

"I learned this by accident: To save time I sometimes pare potatoes for dinner while I am doing up the morning work, and I noticed that after standing in cold water all day they seemed fresher. So I extended the experiment one Sunday by paring them Saturday afternoon. I changed the water at bed time and again the first thing in the morning and we had 'new' potatoes for dinner Sunday. Truly, they were new ones for old ones, like the lamp the wicked magician wanted to trade for Aladdin's," she laughed, and I took off my hat to Jane with her two months' experience in housekeeping.



Home Ideas and Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Making a Lawn

MANY things have to be taken into account in the making of a lawn. Among them are the kind of soil, the grass seed or sod used, the amount of sun or shade on it, moisture in the soil, drainage and, not least, the care given it when once started.

If it is to be started from the beginning, the soil must be spaded and turned to a depth of a foot or nearly so. The earth must be worked until soft and free of clods, stones and all sticks. If some fertilizer or manure is used, it must be worked into the soil evenly and when the ground is smooth and level it is ready for the seed.

Great care must be used to get the best; even if it does cost a little more it will be cheapest in the long run, for poor grass seed will have to be replaced many times. A mixture of grass seed is best. Kentucky blue grass is usually satisfactory for most lawns. If the lawn is much shaded, then it is best to get the special grass seed which grows in the shade, as there is such a grass.

When soil and seed are both ready the sowing should take place when it is not windy and the hand should scatter it close to the ground, so that it will not blow away. It should be sowed both ways across the lawn to insure evenness in growth, first sowing east and west, then north and south or *vice versa*. If the ground is very dry, it is best to roll it after the seeding and then use a gentle spray over it evenly. Where sod is used

instead of grass seed the soil is prepared as if for seed and, when the squares of sod are placed, they should be pounded or pressed well down and together, and if some light earth is sprinkled over the sod all the better. If exposed to a hot sun it must have plenty of moisture, else it will wither and die before taking root.

After the grass has come up a couple of inches it should be mowed that its strength may go into the spreading instead of height.

As to the arrangement of shrubs or vines, or trees and flowers, with regard to the lawn; where these are placed has much to do with the appearance of the house and lawn or grounds.

The lawn itself should be kept as much as possible an unbroken space. This increases its size in appearance and makes it easier to care for. Where shrubs, etc., are used they should be planted along the outer edges or sides of the lawn, as a border. In this way they can be worked about without disturbing the grass of the lawn. Nothing, in my opinion, so mars a lawn or yard as the digging up of the choicest spots of it for flower beds or bushes, which would grow just as well or better on its edges or sides forming a border of color to its green center.

Many bushes and flowers can be chosen for this border. Among them are honeysuckle, bridal wreath, hollyhocks, verbenas, geraniums, sweet peas and nasturtiums, not to mention the old-fashioned garden flowers and rose bushes.

When the lawn is made and the flowers bloom and the vines vine, the whole will

not yet be a success unless the lawn mower is used frequently and the hose does its share to keep all of this verdure fresh and moist. If all these are done, the lawn will not only be a success but a continued delight to the eye and the heart.

* * *

About Washing Dishes

DISHWASHING is a disagreeable sequel to cooking. Whether we call it a thankless job, a bugbear or a nuisance, or whether we simply accept it as part of the day's work, it must be done but, fortunately, there are time and temper saving methods of doing it.

In the first place is your sink the right height to save you from round shoulders and a backache? If, when you stand erect, close to the sink, your finger tips touch the bottom of the sink, it is high enough. If not, you can get the same results by raising your dish pan. I find that a granite hand basin turned upside down raises my dish pan the desired number of inches. You might find it easier to make a stand out of a wooden box, or a small wooden footstool, with the legs cut the proper height, would give the same result.

When you serve your meals it takes but a moment to fill the empty pots and pans with water, and it saves time and energy when washing them. Remembering to rinse or soak your greasy dishes first with hot water, and dishes that have had egg, milk or pasty foods in them first with cold water, is a practical point.

When dishes are scraped and piled together in order, they never seem many. But do you realize that putting the dirty dishes on the right-hand side of your dish pan and the drainer for the clean ones on the left, saves time and energy? It is reasonable enough, for you naturally pick up a dish with your right hand, put it into the water, hold it in your left hand when washing it and with the least number of movements take it out with that same hand to put it in the drainer close by. Conservation of motion

means saving of energy. Watch yourself the next time you wash dishes and try this arrangement of dishes, pan and drainer, if you have not before. In the same way the cleared place for the dry dishes should be on the left of the drainer.

On the whole, dish wiping is unnecessary and unsanitary. Rinsing with hot water dries china better than a towel, leaving only glasses and silverware to be hand wiped. If wiped before they become cold and half dry there will be no streaks to polish away.

In a mission school in New York City I watched what was called a "Kitchen Garden Class" at work. Thirty small Italian girls, in white caps and aprons, went through the motions of a day's housework with toys while they sang of what they were doing. They swept, dusted, made beds, set a table and washed dishes. The game of dishwashing called for the most corrections from the teacher. She watched closely, as they scraped their toy dishes, arranged the pan and cloth and drainer and, suiting action to words, sang:

"First the glasses, then the silver, then the cups and saucers clean," etc.

It required accuracy and attention for those children to play the game well and we who wash real dishes three times a day can make tedious dishwashing another minor test of the efficiency of our everyday housekeeping methods. E. M. H.

* * *

A Chance to Keep Young

IT is not only the brides of a few weeks or months who have much to learn in the way of household science; it applies as well to wives and housekeepers of several years' standing, even though they have mastered the rudiments of housekeeping and homemaking. But in order to keep on learning we must keep out of ruts, to follow which is just what we are prone to do. For instance, we serve the same things in the same manner, and cooked in the same way, that we learned years ago, with never a thought of

changing. We do our housework in the same routine and by the same methods as those we first became accustomed to. But this is not as it should be. No matter how old one lives to be, one can never master all knowledge, or even knowledge in one particular line. There is always something more for the searching mind and hand. There are new methods, new tools, new lines, to study. By being constantly on the lookout for any, or all, of these things, we keep our minds alert, forget that we are leaving youth behind us, because we are looking forward instead of backward. This makes us much more interesting to our friends and neighbors, and altogether, we find life much more enjoyable than when we plod along in the same old ruts, year after year. Just try keeping up-to-date in child training and education, in cooking, canning, gardening, entertaining, sewing and fancy work, in house decoration; yes, even in your recreations, such as reading, motor-ing, politics, etc., and you will gain much from life that you would, otherwise, miss. It is the full life that is the happy one.

D. F. C.

* * *

The Best Time Ever

MEN and boys, when asked this question, will invariably tell about some hunting or camping trip, or possibly a boy scout jaunt. It will at least be a story of time spent in the open.

Girls are not so unanimous, about 50 per cent of them will tell of some wonderful ball or party, and the others will recall a hike or marshmallow bake. In many instances it will be the event when Prince Charming arrived.

The spirit of the great out-of-doors is taking a firmer hold on women every year. This may come through the activities of college life, or it may be a result of the broadened outlook of women of today. At any rate, the "best time ever" for the majority of people was when formalities were cast aside and folks could be real. Campfires, mountains and open spaces

seem to bring men closer together and closer to God. Business men crave these trips, and wise doctors prescribe them frequently.

Camping out may be made so luxurious that we miss the really big part of it. Sleeping under the sky with plenty of blankets is a sensation indescribable. Old Sol will be your "Big Ben," with an alarm that is not intermittent; and a day that begins at dawn usually means an early bedtime.

Such a sleep makes one capable of surprising endurance and gives an enormous appetite. What a breakfast you eat — you, who had been dieting on zwieback and orange juice, consume bacon, eggs, biscuits, coffee, coffee and more coffee.

Oh! Girls who work in busy offices and in crowded shops, don't spend your vacation in the dirty city. Get out in the open. If you have no friends who are going, join a campers' club or a Y. W. C. A. Camp, or get in touch with one of the many companies who arrange camping parties and furnish guides.

Get a hiking suit and take plenty of warm clothes. Forget your cold shower and ostermoor and rouge. Nature will provide a mountain stream, a bed of pine boughs and permanent "pink de cheek."

S. H. Y.

* * *

New Turnips and Green Peas

PEEL eight or ten new turnips of medium size and boil till tender in salted water. Have a pint of green sweet peas, shelled. Cook these in salted water in a saucepan. When done add one-half a cup of milk and a generous lump of butter and flavor with a dash of pepper. Mix a little cornstarch in water and add to peas to thicken.

Place the boiled turnips in a warm, deep dish and pour the prepared green peas over them. This is a dish you will have often, once you try it.

Fried Apples

Peel good eating apples. Core, quarter

and cut each quarter into fours. Have ready an iron frying pan with a little beef dripping in it. Put the apples in and fry a rich brown. Serve hot as a garnish to your beefsteak.

When strawberries or raspberries come to the table we find it an advantage to hull and wash and place in large glass dishes, enough for both dinner and supper, at the same time. Thus prepared, the dishes of fruit are set in the ice box and further ripening is arrested. About half an hour before serving time they are taken from the ice box and sugar is added; they are not too cool to eat comfortably, and all the flavor is retained.

F. M. C.

* * *

Delicate Whipped Cream Pie

One whole egg, beaten. Mix two tablespoonfuls of flour and three tablespoonfuls of sugar and add to the egg mixture, then stir in gradually four tablespoonfuls of milk. Cook over hot water until thick; add one-half a teaspoonful of vanilla and set aside to get cold, after which fold in one cup of cream, whipped, and pour into a baked crust. May be garnished with whipped cream.

F. V. D.

* * *

Coffee Cream

1 pint top milk		$\frac{1}{2}$ cup ground coffee
1 cup sugar		2 eggs
3 pints thin cream		Pinch of salt

Tie the coffee in a muslin bag and place in the milk to soak for two or three hours, then very gradually bring to the boil. Remove the coffee bag, add the sugar and when this is dissolved remove from the fire and stir in the beaten eggs, and cook in a double boiler until smooth and thick. Add the salt. Let this mixture cool and then add the cream, and pour into the freezer and freeze as you would plain cream. If you do not care for such a strong coffee flavor, use less coffee.

M. M. W.

Savory Filling

Spread rye rounds very light with liver sausage to which pepper, salt, a grated onion, and enough French dressing to make a spreading paste have been added.

Rice Sandwiches

Take a cup of fresh-boiled rice and add to it a generous lump of butter, salt, a little honey and a little whipped cream. Add six salted Brazil nuts chopped fine and a tablespoonful of rose jelly. Mix well and spread thin on rye diamonds.

J. Y. N.

* * *

How I Peddled Green Peas

OUR circle of fifteen had each pledged to raise five dollars for foreign missions by doing something that would in no way interfere with the daily household or personal expenses. I had never done anything in the way of earning special money, and I puzzled over the "how" and the "what" more than I ever did my prayers.

Of course I could ask "hubby" for the money and he would smilingly hand it over, as is the way with "hubbies." But that was not the idea. I was supposed to EARN that money, and my blood was stirred by the thought that some sacrifice must accompany this earning. Pride, also, in achieving a desired end, and glory in doing creditably what some other member of the fifteen might not do. A good deal of egotism and self-approbation entered into my resolution, to do or die.

But how? Came a neighbor one evening, and in our talk my husband made a remark: "There's lots of money being made out of green peas this year." Stupid! I thought, why of course there is my chance all planned out; all I have to do is the actual work of picking the peas, carry them from house to house, get the money and come home happy. Funny I hadn't thought of that!

We were suburbanites with a few acres which we rented to a truck gardener,

we taking half of all that was grown. The yield of Telephone peas, this summer, was wonderful — far exceeding our expectations. We ate them three times a day; punished our neighbors and relatives the same way (not by eating them) and after the huckster had taken all he wanted, we still had peas. Seemed as if those vines stayed awake nights to see how many peas they could crowd into a pod.

Early next morning we denuded the vines, and my share lay there, fat, green, and shiny — enough for a regiment, I thought — and ready for their great adventure in helping to Christianize the heathen. Carefully I sorted and packed them in quart boxes.

"Now, shall I charge fifteen or twenty cents per?" I queried. "Well, seeing I am a green one at peddling, I guess fifteen will do." With all that I could carry, though, I would be short my five dollars. "Never mind," I thought, "if folks like me and my wares, I'll start in on the carrot bed."

Now, I might as well 'fess up. I dreaded that venture. Ringing door bells and soliciting strange people with cold, unfriendly eyes: People who looked you over, appraising you from head to toes, thinking you an impostor, a freak, or something that ought to be caged. It came to me how unceremoniously I had treated just such peddlers who had tried to show their wares, and I had a fellow-feeling for those I had turned away, often unkindly, I am afraid. Anyway, I would not hide my peas, but frankly show at once my reason for ringing. . . . Ought I to go to the front, side, or back door? What is it Oliver Wendell Holmes says about "side-door acquaintances"? Something not very complimentary, if I remember.

It was hot and close. I almost prayed for a thunder storm to keep me home — until another time. . . . I certainly must take a peep at the morning mail, and new magazine . . . and then on my way. . . .

On the cool and screened veranda I settled down for a moment. The quiet-

ness and loveliness of a perfect summer day was too soothing, and I was soon asleep — pulling door bells, and green peas, became a shadowless thing in no-man's-land.

"Yes, yes, yes . . . I m-u-s-t go to town with those peas — p-e-a-s" . . . kept ringing in my sleepy, half-awake senses. . . . Who spoke? Surely some one was moving around the veranda! Some one came near! A hot wind was on my face! A cool, wet, raspy something was licking my hand! With a start to consciousness I turned in the porch swing. Good Lord! A big, black bear was calmly stretched on the floor by my side! I suppose fear will galvanize as well as paralyze, for I vaulted clear over the animal and out the screen door, fastening it on the outside. Evidently Bruin was sleepy also, for he (she) paid no attention to me. Nerveless, I picked up the morning paper which was lying on the steps and began to fan myself. An item in big head-lines caught my eye:

"TAME BEAR ESCAPES FROM JOHN BALL PARK LAST NIGHT. DON'T SHOOT HIM. \$5.00 reward."

"Now, Mr. Bear, I've got you and you haven't got me."

I knew all the doors were locked on the inside and was wondering how to get into the house to use the telephone when I heard a distant rumble and knew the huckster would soon be back.

I could have kissed the hem of his garments when he jumped out of the old jitney. He was greatly excited when I told him my story and I could hardly persuade him to stand guard while I telephoned, he was so anxious to shoot, or kill Bruin with a pitch-fork.

Truth compels me to say this old grandma bear followed her keepers away as meek as a lamb. When they paid my reward, one said: "Lor miss, she wouldn't hurt you if she played round here a month. She hasn't a tooth in her head, we have to feed her pap."

Need I say we had green peas to give away again?

A. J. D.



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4217 — "How much Vinegar should be added to the fat in frying doughnuts? Should Salad Forks be used if the salad is served with the luncheon or dinner? Is there a substitute for the brandy used in soaking the fruit for fruit cake, and how may such a cake be kept for three or four months?"

How Much Vinegar to Use with Fat in Frying Doughnuts

THE best rule we know is to add the vinegar until there is a slight, but perceptible, odor. It should be added as soon as the fat is melted, but not very hot; then when the fat is hot enough to fry in, the odor of vinegar should be perceived, or, if lacking, some more vinegar should be carefully added. Try one-fourth a cup to a kettle of fat.

Should Forks Always Be Used with Salad?

Yes, even though the salad is not served as a separate course, but accompanies the main dish of the dinner or luncheon, it is preferable to serve a separate small fork for this dish.

Substitute for Brandy in Keeping Cake

Cider or lemon juice may be used to soak the fruit; the use of molasses instead of sugar, black coffee instead of milk, butter instead of a butter-substitute, and abundance of fruit, will all tend to keep a cake fresh for several months. It is also said that to ice the cake immediately on taking from the oven, or to

pack it away buried in granulated sugar, or to keep several apples or raw potatoes in the cake box, or even an uncovered glass or bowl of water, will preserve the cake from drying out. It is not yet established without a doubt whether any of the above methods are effective in keeping the cake from growing moldy on the inside.

QUERY No. 4218 — "Why do my Rosettes lose their crispness, and grow soft and soggy with the fat they are cooked in?"

To Keep Rosettes Crisp

Rosettes ought to be fried in a fat that is hard when cooled, and not in oil, butter, lard, or a fat that is sensitive to changes in temperature. Neither should one of the soft fats be used in making them. Salt should not be used in mixing the batter. Care should be taken that they are cooked exactly right, and neither too much nor too little.

QUERY No. 4219 — "Will you kindly publish a list of Acid-Forming and also of Alkali-Forming foods? I wish a recipe for a nourishing Raisin Bread, made with entire wheat and plenty of raisins."

Acid- and Alkali-Forming Foods

You will find these in AMERICAN COOKERY for March, page 588. We may add to this that the acid found in prunes, plums, and cranberries is benzoic acid, which is unaltered in the body, hence tends to acidity of the blood. Also, while milk is an alkali-producer, its



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derivatives, such as cheese and cream, form acid.

Wholewheat Raisin Bread

Sift three pints of wholewheat flour with two teaspoonfuls of salt, and stir into a quart of milk, water, or half-milk and half-water, to which one-half a cup of brown sugar or molasses has been added, and one-half a compressed yeast cake. The batter should be as thick as a cake batter, but not thicker, hence it may be that a little more milk or water will be needed. Beat until smooth, and let rise overnight. Stir down in the morning, and fill it into greased bread pans until half-full. Let rise until mixture fills the pans, and bake for an hour. These quantities should make two good-sized loaves. Before putting into the pans, add to the batter one pound of seeded raisins. This batter bread is easier to make than the wholewheat bread, which is kneaded and for which general rules will be found on page 218 of the October number of *AMERICAN COOKERY*.

QUERY No. 4220. — "My Doughnuts form a thick crust in frying; what will prevent this? Why does Bread that rises overnight in a satisfactory manner often take three hours to rise in pans before it is ready to bake?"

Thin-Crust Doughnuts

The more egg used in making doughnuts the thinner the crust ought to be, other things being equal. Less baking powder or other leaven, resulting in less porosity, will also tend to make a close, thin crust.

Why Bread Is Slow to Rise in Pans

Sometimes what is called the initial activity of the yeast is exhausted, and the last rising will be slow when the first was rapid. This is especially apt to be the case, when either liquid or compressed yeast is used, which is full of life and vigor from the start, and loses this first vigor in the second rising; while the dried yeast, being in a dormant condi-

tion, is slow to wake up in the first rising, and comes to its full vigor only in the second. Sometimes it is a matter of temperature; for a higher temperature is called for in the second rising. It may be, also, that you are expecting too much of your bread — that its night-rising occupied eight to ten hours, and for the morning-rising three hours ought not to be thought a too large proportion.

QUERY No. 4221. — "Will you give me some recipes for the use of fresh and canned Crab Meat?"

Fresh Crabs, To Prepare

After boiling, remove the stomach, which is situated back of the eyes; pick out the intestine, this is coiled up in the middle of the back; and pull off the soft fins from under the legs. Scrape out all the soft, white curd from the shell lining, and preserve the fat, which is dark green or black, and looks objectionable, but is very good. Then proceed according to any of the following recipes, which are equally suitable for canned crab meat.

Crabs à la Poulette

Measure two cups of crab meat, preferably in large pieces. Prepare the following sauce: Put into a bowl two eggs, one-half a cup of softened butter, two tablespoonfuls of vinegar, one teaspoonful of salt, one-fourth a teaspoonful of pepper, and one-half a cup of boiling water. Set bowl in a saucepan of boiling water, and begin immediately to beat with a Dover beater, and keep up the beating until the sauce is thick. Add the crab meat at once, and serve in a hot dish.

Crab Gumbo

Brown in two tablespoonfuls of butter one small onion, chopped, and one green pepper. Add one slice of minced cooked ham, and turn the whole into a quart of white stock or fish broth, heated in a deep kettle. Add three tablespoonfuls of flour, blended with three tablespoonfuls of soft butter, and stir until the whole



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boils. Add a pint of okra pods, sliced, and two sliced tomatoes, and, lastly, from one to two cups of crab meat.

Crab-and-Tomato Toast

Mix two cups of crab meat with one cup of stale sifted crumbs, three-fourths a cup of tomato pulp, the juice and part of the grated rind of one-half a lemon, one-half a cup of stock, with salt and pepper to taste and a trace of cayenne. Let heat through, and add, if necessary, more water or stock to moisten. Serve on hot buttered toast, and garnish with cress.

QUERY No. 4222. — "Will you please publish in AMERICAN COOKERY a recipe for Carrot Pie; also one for Baked White Beans with Tomato Sauce?"

Carrot Pie

Boil or steam the vegetable, and sift through a potato ricer or a colander. To two cups of the pulp add three-fourths a cup of sugar, or a mixture of sugar and

molasses, or of molasses and corn syrup. Heat one cup of milk; add to it one-fourth a cup of very fine, stale crumbs, and stir together; add two tablespoonfuls of shortening, one-half a teaspoonful of salt, and one teaspoonful of grated nutmeg. Beat this into the carrot pulp, then turn the whole into a pie-plate lined with pastry, and bake without an upper crust in a hot oven. If the mixture is very stiff, a little more milk may be added, this depends on the staleness of the crumbs.

White Beans with Tomato Sauce

Soak overnight a quart of white beans in either stock or water. In the morning cook in a covered saucepan, letting simmer only, from three to five hours or until tender. Put them into a beanpot with one-half as much sifted tomato pulp as there are beans, a tablespoonful, each, of chopped celery and green pepper, and one small onion, sliced, also salt and pepper to taste. Bury in the beans a small cube of salt pork, cover the pot, and bake for a couple of hours, or until liquid is well absorbed.

QUERY No. 4223. — "Please print a recipe for Soft Gingerbread made with either sweet or sour milk; also one for Gluten Bread."

Soft Gingerbread

Heat one cup of molasses, and dissolve in this one cup of butter or a substitute, and one of sugar. Add one cup of sour milk or buttermilk, two teaspoonfuls of soda dissolved in a little hot water, three tablespoonfuls of ground ginger, and flour enough to make a thick batter. Two or three beaten eggs will improve this cake, yolks and whites, beaten separately, and added the last thing. Bake in two shallow pans, lined with greased paper, and in a slow oven.

Gluten Bread

Blend one compressed yeast cake with a little water, and stir into one cup of milk. Add one tablespoonful of sugar and one teaspoonful of salt, one cup of warm water, and a tablespoonful or two



"Holds Like Daddy's"

Not only that, but it is made with the *same care*
and of the *same quality* as Daddy's.



ACTUAL SIZE

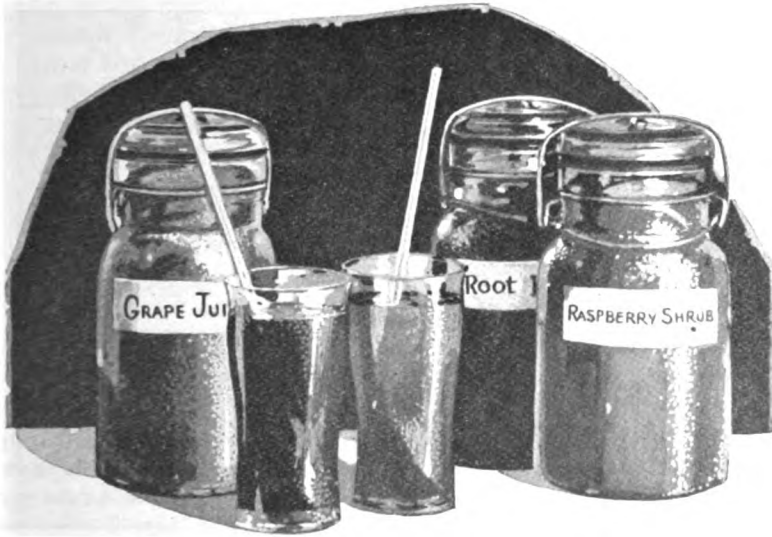
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Velvet Grip
Hose Supporter

Has taken the place of all makeshifts ever known for holding up baby's tiny socks—equipped with that exclusive feature found only on Velvet Grip garters for "grown-ups"—namely the

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Sold everywhere or sent postpaid

Lisle 12 cents Silk 18 cents

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568 Tremont St., Boston
Makers of the famous
Boston Garter for Men



The Beverage Question

In that most hospitable corner of the ice-box devoted to summer beverages the resourceful housewife will have a variety of delightful and refreshing drinks all ready to serve at a minute's notice.

There will be raspberry shrub, perhaps, old-fashioned but very delicious and refreshing; home canned grape juice for high-balls and punches, root beer with the tang of woods and fields; the pleasant acid of currants; the rich flavors of blackberry and elderberry. These are only a few of the ice-box treasures which may be prepared successfully at home.

All of the beverages are much better when kept in glass jars sealed with GOOD LUCK rings. They keep fresh and are easily handled both at the time of preparation and at the time of serving.

How pleasant to offer your guest a choice of these delightful, cooling drinks which require only to be poured on cracked ice and served.

GOOD LUCK rubbers come packed with all new Atlas E-Z Seal fruit jars

Owing to our capacity of more than 5,000,000 GOOD LUCK Rubbers daily, we are able to announce the return of the GOOD LUCK ring to the pre-war price of 10 cents per dozen without in any way affecting its high standard of quality. Order through your dealer, or, if he cannot supply you, send 10 cents for sample dozen. Send 2c. stamp for our new cook book on Cold Pack Canning.



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"Choisa" Orange Pekoe Ceylon Tea

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"Insect Death Gas"

**Does away with unsightly
Sticky and Poison Fly Paper**

**Used with sprayer forms a gas
which KILLS — Flies, Mosquitoes,
Roaches, Moths, Fleas, Lice, Bed-
Bugs, Spiders, Ants, Hornets, etc.**

**On the farm it kills Flies on Horses and Cattle,
Lice and Fleas on Cats, Dogs, Chickens and
Hogs.**

**Pleasant aromatic odor; harmless to fowl,
mammals, and paint.**

Pint Cans .75c
Quart " 1.25c

Pint Sprayers 60c
Quart " 85c

For sale by

DRUGGISTS, GROCERS AND DEPT. STORES
SAWYER CRYSTAL BLUE CO., AGENTS
88 BROAD STREET, BOSTON, MASS.

of lard. Mix all, and add gluten flour, enough to make a soft dough — about three or four cups. Knead, and let rise, in a greased, covered bowl, in a warm place until double in bulk — it will take perhaps two hours — then knead again, shape into loaves, put in pans and let double in bulk again. Bake in a moderate oven for an hour. This will make two small loaves or one large.

QUERY No. 4224. — "Can you give me a recipe for an Ice Box Pudding? This is a pudding made of ladyfingers and melted chocolate. Also recipes for Sunshine and Angel Food Cakes? At what temperature should these cakes be baked?"

We are not sure what you mean by the Ice Box Pudding. Perhaps it is a frozen chocolate pudding in a case made of ladyfingers. If so, here is a recipe for

Chocolate Ice Cream in Ladyfinger Case

Make a rich ice-cream mixture by cooking four well-beaten eggs in a pint of cream to the consistency of a soft custard. Sweeten this with two cups of sugar, cooked to a syrup with two ounces of grated chocolate and one cup of water. Cool, and beat in one pint of heavy cream whipped to a stiff froth. Freeze, and pack into a case of ladyfingers made as follows:

Make a soft icing of powdered sugar and white of egg, and into this dip the sides of as many ladyfingers as are needed to surround a cylinder-shaped saucepan or bowl large enough to hold the ice cream. Lay the ladyfinger around the outside of this cylinder (very stiff cardboard would do), and bind then in place with a strip of cheesecloth or soft cloth of any kind. When the icing is quite hard, remove the cylinder carefully, and fill the ring of ladyfingers with the ice cream. Garnish with fine-chopped nuts.

If there is danger of the ladyfinger breaking apart before serving, a soft ribbon may be used to bind them, and will serve for a decoration.

The cake recipes will be given in our next issue.

WHITE HOUSE Coffee

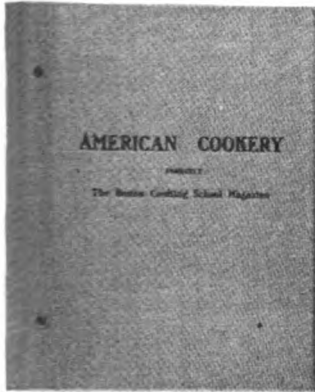
*A Panacea as well
as a Positive Delight*

A SOLACE for the tired woman of the home, whose cares and worries sap her strength and bring her to really need just such a strengthening comfort as *White House Coffee* has brought to thousands of housewives, and with it renewed vigor and the sense of having partaken of something really delicious

1-3-5 lb. Packages Only



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Contains valuable hints for arrangement of food in any refrigerator to secure the best results; also other helpful information. Write for free copy.

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THE ARISTOCRAT OF REFRIGERATORS

The Silver Lining

The Bond

Most lovers can tell, if they will, how it happened —

A vivid first glance, or the flash of an eye,
A dimple, a curl, or the sharing of laughter,

A gesture, a look, or a tone, or a sigh.

But few of the memories cherished between them
Are painfully sweet as the one I recall —

When you were the bashfullest lad at the party
And I was the shyest small girl of them all!

Despairing I watched them, the bold and the
haughty,

The maids who could scoff and the maids who
could scorn —

The tall, gallant lads with an eye for the
charmers —

And ah, how I wished I had never been born!
My braids were as sleek as small fingers could
make them;

Your shoes were a light in the sheltering
gloom —

But — I was the shy little girl in the corner,

And you — were the awkwardest boy in the
room!

I twisted my sash and we talked of the weather,
Or talked not at all, and your sulking grew
less —

You told me your hopes and you told me your
hatreds,

And few were the dreams that I didn't confess!
And firm was the bond that was welded between
us,

Though painfully welded of shame and
despair —

When you were the bashfullest lad at the party,
And I was the shyest small girl who was there!

Helen Cowles LeCron.

A Sunday school teacher asked a small girl the other day why Ananias was so severely punished. The little one thought a minute, then answered, "Please, teacher, they weren't so used to lying in those days." — *London Post*.

"My Italian fruit-vender," writes a Boston subscriber, "is enthusiastic in his good-citizenship. The morning after election he said: 'T'em for'ners — we tol' 'em sunthin' yest'day. Dey tink dey run our gov'ment. We tol' 'em where dey git off all right.'" *Boston Transcript*.

Mark Twain told Redpath, the lyceum man, not to make engagements for

Mrs. Knox's Page

What is Your Favorite Dessert?

WHAT is your favorite gelatine dessert? Which of the one hundred desserts given in the **Knox** booklet "Dainty Desserts" is most popular in your home? I imagine it will be one of the four recipes given here, each so delicious it is hard to select the best one.

Make them up for different luncheons or dinners — (only one package of **Knox Gelatine** is needed to make the entire four desserts, each one of which will serve six persons) — and write me your vote so that I may present to the women of the land the nation's most popular **Knox Gelatine** dessert.

I believe every woman will be interested in the result of this test which I will publish on this page. Here are the recipes:

STRAWBERRY BAVARIAN CREAM

1 envelope Knox Sparkling Gelatine	1 cup strawberry juice and pulp	1 tablespoonful lemon juice
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ cups heavy cream beaten until stiff	$\frac{1}{4}$ cup sugar

Soak gelatine in cold water five minutes, and dissolve by standing cup containing mixture in hot water. Strain into strawberry juice, mixed with lemon juice. Add sugar and when sugar is dissolved, set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold lined with strawberries cut in halves, and chill. Garnish with fruit, select 1 strawberries, and leaves. A delicious cream may also be made with canned strawberries.

LEMON SPONGE OR SNOW PUDDING

1 envelope Knox Sparkling Gelatine	$\frac{1}{4}$ cup sugar	Whites of two eggs
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice	1 cup boiling water

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon. Strain and set aside; occasionally stir mixture and when quite thick, beat with wire spoon or whisk, until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard.

CHOCOLATE BLANCMANGE

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	1 ounce grated unsweetened chocolate or	$\frac{1}{2}$ teaspoonful vanilla
$\frac{1}{4}$ cup cold water	3 tablespoonfuls cocoa	$\frac{1}{2}$ new grains salt
1 pint milk	$\frac{1}{2}$ cup sugar	

Soak gelatine in cold water five minutes. Scald milk and add sugar, chocolate or cocoa rubbed to a smooth paste with a little water and salt. When sugar is dissolved, add soaked gelatine, then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla.

RICE PARFAIT

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	1 cup cream	1 cup chopped nut meats
2 cups hot boiled rice	1 cup sugar	1 teaspoonful vanilla
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoonful salt	

Soak gelatine in milk ten minutes and dissolve in hot rice. Add sugar and salt, and when cool, fold in cream beaten until stiff. Add nuts and flavoring. Turn into a mold, and pack in ice and salt.

Send for "Dainty Desserts"

The Favorite Dessert Book

There is only room here to give four of the one hundred delicious dessert recipes given in my book, "Dainty Desserts" — which also contains recipes for ice creams, sherbets, salads, candies, etc.

Write for a free copy before sending in your family's vote on the nation's most popular dessert. You may find in it a dessert you like even better than any I have published here. Enclose 4 cents in stamps to cover postage and mention your grocer's name.

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for Gelatine—it means KNOX"

MRS. CHARLES B. KNOX

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ALUMINUM is the ideal material for kitchen utensils. But it does not follow that all aluminum utensils are equally good. Therefore you should not only demand aluminum, but WAGNER CAST ALUMINUM with the Wagner name cast in the bottom of every piece.

In this way you will secure solid, seamless, one-piece castings, without seam or flaw. You will get the advantage of the best material in its most enduring and beautiful form. This will be equally true whether you buy a single piece or a complete kitchen outfit in an individual chest.

Write for Illustrated Booklet.

THE WAGNER MFG. COMPANY
Dept. 74 Sidney, Ohio



lectures in churches. "I never made a success of a lecture in a church yet," he wrote. "People are afraid to laugh in a church." Jesus, as you will remember, was a man who radiated happiness and joy. His neighbors liked to have him at weddings. Children liked to play with him. Why, then, all those gloomy churches?

In a certain New England village there lives a doctor noted for his reckless automobile driving. One day when he was summoned to the telephone a woman's voice inquired whether the doctor intended to drive that afternoon. "I hardly think so," replied the physician. "But why do you ask?" "Well," resumed the voice, "I want to send my little daughter downtown on an errand if you are not." — *Harper's Magazine.*

A teacher in one of our public schools in Boston was asking the usual questions of the pupils at the beginning of the year. Antonia Gianelli was called. "You are an Italian?" "No." "Why, your father is an Italian." "Yes." "Is your mother American?" "No." And so she was told to bring her mother the next morning to have the matter settled. Next morning appeared Mrs. Gianelli, shawl over her head, Italian undoubtedly. Again the question, "Is Mr. Gianelli an Italian?" "Yes." "And are you an Italian?" Again the answer, "Yes." "Why, the Antonia must be an Italian." "No! No (with much emphasis). *'She Irish—she born in Boston!'*" D.

"Flyosan"—The Insect Death Gas

"Used with a sprayer, forms a gas which kills Flies, Mosquitoes, Roaches, Moth Flies, Lice, Bedbugs, Spiders, Ant Hornets, etc.

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"From Contented Cows"



Milk

The label is red and white

Carnation Milk Products Co.
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Cafe Mousse—Mix well together 2 cups of Carnation Milk, 3 tablespoonfuls of powdered sugar, 1 tablespoonful of vanilla, and $\frac{1}{2}$ of a cup of very strong coffee; chill thoroughly, then whip. Set the bowl in a pan of ice water while whipping; take off the froth as it rises. Turn the drained whip carefully into a mould, cover tightly, binding the edges with a strip of muslin dipped in melted butter, bury in ice and salt for freezing. Let stand for 3 hours, wipe off mould, and turn on serving dish.

Boiled Soft Custard— $\frac{1}{2}$ cup Carnation Milk, $1\frac{1}{4}$ cups water, yolks 3 eggs, $\frac{1}{4}$ cup sugar, pinch of salt, 1 teaspoonful vanilla. Heat Carnation Milk and water. Beat eggs, sugar and salt. Add slowly to milk, flavor and cook in a double boiler until a coating forms on spoon.

There are many other recipes as good as these in the Carnation Recipe Book. Send for it.



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Tells how to get more for your money — how to live better and save more! How to record monthly household expenses without household accounts. 32 pp. illustrated. 10 cents.
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The process is simpler than canning, requires neither cans, jars—nor sugar. This, the first authoritative treatise on the subject of the practical conservation of food, is just out of the press. Postpaid \$1.85.

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100 recipes. Brief but complete. 15c by mail. 100 Meatless recipes 15c. 50 Sandwich recipes 15c. All three 30c.
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A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves 1/2 the time. Consists of special folding dishdrainer, special wire basket, 2 special long-handled brushes. Full directions for use. Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School Home Economics, 503 W. 69th Street, Chicago

Dinner For Ned

Concluded from page 29

the care he was getting. Lucie regarded him with pride — her eager, active, clever Ned!

One day, he burst into the room with a paper in his hand. "Lucie," he cried, joyously, "I've got it!"

"Got what?"

"This plan I've been working on for the last three months. And it's all to your credit!"

"Why, what have I done?"

"Everything, sweetheart. You've shown me that if I'm not stuffing myself and thinking about my stomach all the time, I can work a lot better. And since you've been with me I haven't had a single ache or pain and I've been able to *think*! Old Potter says this is the best thing I've done. You're some little partner!" After he had swung her around the room his face grew serious. "I tell you, Lucie, all my life my stomach has been a receiver for things that 'had to be eaten so they wouldn't go to waste' and for things I liked, but from now on I'm going to stick to what's good for me. You know I was just thinking our bodies are a good bit like stoves — when the fire is hot enough don't put in an extra lump just because it happens to be in the bucket."

"That's it exactly, Ned. You know I have to leave you Saturday and I want you to be sure to stay on the right road. So while you were out I made out this little reminder." She handed him a card neatly lettered which bore the following:

"MR. NED"

7.30 Breakfast

Fruit, cereal, toast, or rolls, or muffins, coffee, or cocoa.

12.30 Luncheon

Cream soup, or fish, or cheese, or milk. Bread and butter, vegetable, light dessert.

6.30 Dinner

Soup — meat, potato, or rice, or macaroni. Green vegetable,



Two *Certified* Delights for hot weather luncheons

WILSON'S "square pressed" Cooked Ham is luscious in flavor—every whit of its goodness is saved for you because we cook it in vapor. Mildly sweet, tender, it certainly is tempting. One slice makes two sandwich fillings. Ready to serve, it appeals at once to the housewife who meets the daily problem of "What shall we have for luncheon or tea?"

Wilson's Certified Oil blends marvelously in a salad dressing, giving it the rich, nut flavor that marks the successful creation. This pure vegetable oil is a favorite for cooking as well as for salad dressings; on every can you will find a "money-back" guarantee of satisfaction. Ask your dealer for these products now and realize the excellence secured by the Wilson principles of selecting, handling and preparing each product with respect.

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Our handsome cook book, each recipe prepared and tested by experts, telling how to buy and use meats economically, will be mailed you free on request. Address Dept. 647, Wilson & Co., Chicago.

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 Look for the name WHITE MOUNTAIN
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 If your dealer does not carry this, we will send prepaid quart size \$1.25, pint size 90c. Far West and South, quart \$1.40, pint \$1.00. Recipe book free with mixer.
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AM. SCHOOL OF HOME ECONOMICS, 503 W. 69th ST., CHICAGO

bread and butter, celery, or lettuce. Light dessert.

Several weeks later Ned wrote Lucie that he had "lost the reminder, but don't need it, because I know it by heart. I feel fine and my meals don't cost as much as they used to. I sure am glad you studied Home Economics at the State College. I think all the boys ought to, too. And say, Ned, Jr., is going to be fed according to rules — your rules!

Just your own balanced-ration, happy, healthy,
 Old Ned."

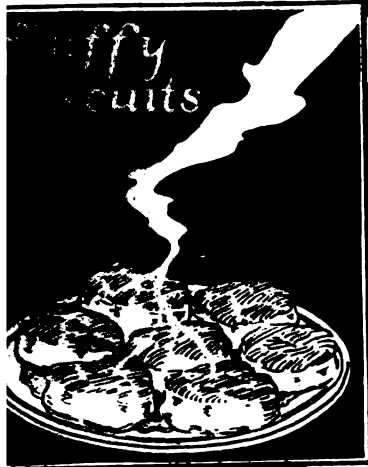
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 —Adv.



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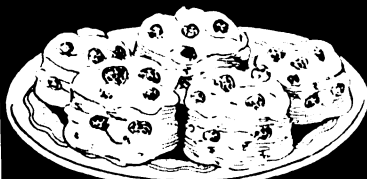
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Split pea, Green pea, Lima, Celery, Black bean, Clam Chowder, Onion and (Mushroom 25 cents).

Quickly and Easily Prepared

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Old Mister Nid-Nod walks through the town

Softly, at evenfall;

In one hand a robe, and in one hand a crown,
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But you hear him gently call:

"Come, little weary ones! Leave your play —
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Woven of flowers and dew:

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And a crown to wear, as each new day springs!

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Come, little weary ones! Leave your play —
Old Mister Nid-Nod is passing your way!"

Beatrice Laxon Sweet.

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By ALICE BRADLEY

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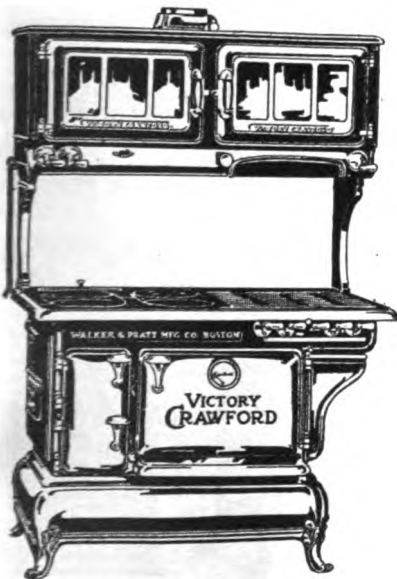
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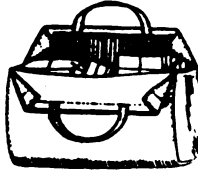


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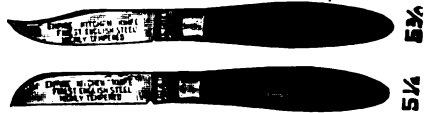
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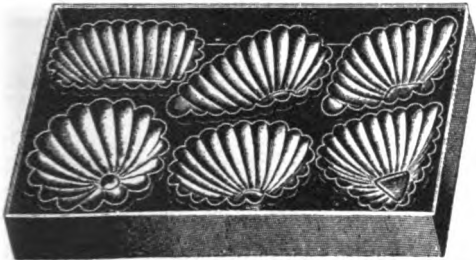
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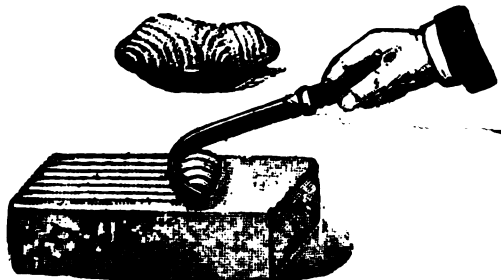
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AMERICAN COOKERY

Vol. XXVI

AUGUST-SEPTEMBER, 1921

No. 2

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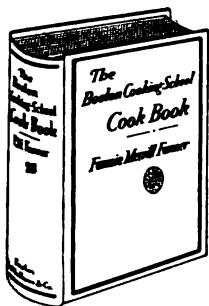
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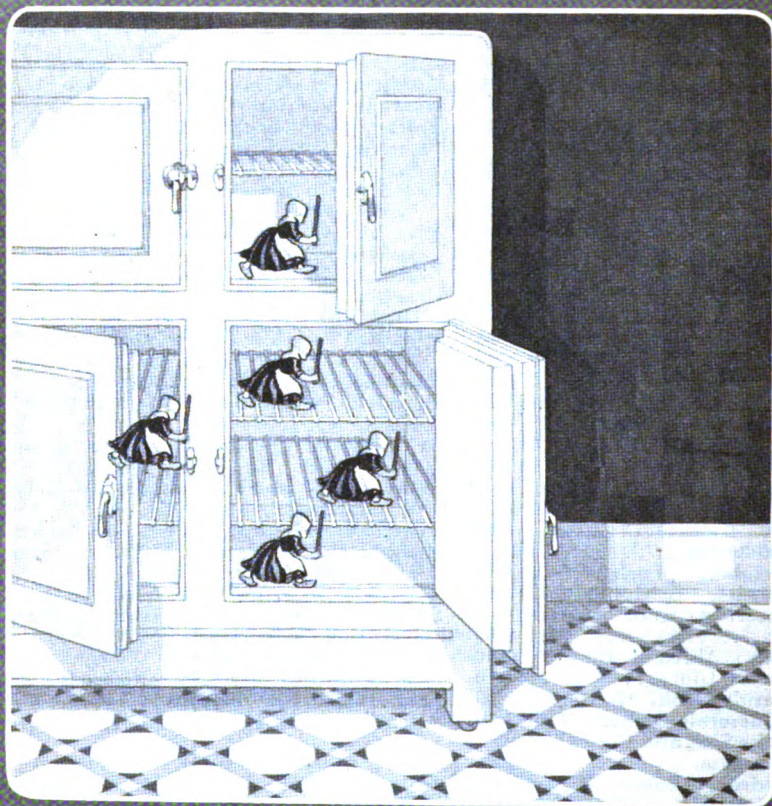
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The Everlasting Hills

High up on the rim of the earth I dwell,
Like a bird in my wee, brown cage,
Aperch on the hillside steep.
Above me the mountain slopes climb and swell,
Sides all seamed like a face by age,
And tops in the clouds asleep.

The trees encircle and climb the hills,
The sky above with smiles aglow
Embraces earth's curving line.
Enraptured my heart with happiness thrills;
For I'm kin with the winds that blow,
The hills and the sky are mine.

High above hate and the strife that lies
In the hearts of men down below,
In my care-free joy I sing.
As a bird to the heights, my spirit flies,
And their grandeur and strength bestow
Peace no joys of earth can bring.

And when I descend to the haunts of men,
This peace in my heart still abides,
And still near to God I seem.
The sorrows and fears, in their lives I ken
As only a shadow, that strides,
A fleeting shadow, a dream.

Hattie H. d'Autremont.



SPINACH CEREAL AND EGG FOR BREAKFAST



PAINTED FURNITURE IS IDEAL FOR SUMMER

American Cookery

VOL. XXVI

AUGUST-SEPTEMBER

NO. 2

Changing the Garb with the Season

By Margaret Ryan

SUMMER GARB

SHORT and sweet is the summer season, but not too short to give attention to indoor comfort, nor yet so sweet that there are not days of blistering heat and frequent rains which bar excursions into out-of-doors and confine us to the four walls of home.

Why, then, is it that frequently the thrifty housewife putting her house in summer order, destroys so systematically the beauty and comfort of the winter home?

Relentlessly and with swift precision the rugs are rolled and are sent to the cleaners, only to be stored when they return. Down come the curtains and hangings that grace the windows and wide doorways. Over the furniture, mournful, baggy coverings are slipped, and out to the porch and garden go the plants that through all the winter were such a cheery presence.

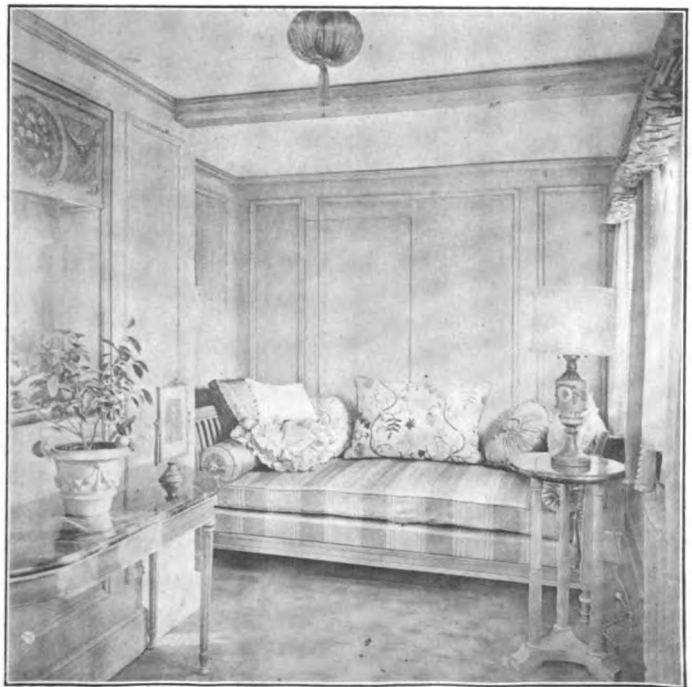
It seems a mistake to banish the beauty and comfort of the winter interior just as soon as the miracle of Spring is born again, and the great Artist, working swiftly, completes the picture of another Summer.

There cannot be too much beauty, and when it can be had without the

sacrifice of economy, it seems too bad not to make the summer interior a near relation to the gay out-of-doors.

Putting away the rugs that lend warmth and color for winter use is not a bad idea. Open doors and windows, admit quantities of dust, and rugs suffer much more wear in summer, as a rule, than during the winter season.

But this does not mean that our floors need be bare. Rag rugs that are light and summery in appearance are also not expensive and combine the added advantage of being washable. Braided rugs,



LINOLEUM IS SUITABLE FOR ANY ROOM

when not of conglomerate color, are splendid floor coverings, if one is lucky enough to have one of those nice old ladies who lives in every town to make them. And even grass rugs can be used effectively for summer time where much of the living-room furniture is willow or wicker.

But even if we brave the summer's wear and tear on our rugs, our rooms need lose nothing of summer freshness by their presence.

All the coolness and freshness of an old-fashioned garden can be brought into our homes by the use of chintz or cretonne.

Chintz has a charm all its own. It can make a lovely, cool-looking room. But care must be taken to find the pattern and color combinations to suit the individual interior. Is it dark or sunny, small or spacious, are questions to be asked in making a selection.

To replace the heavy hangings that make for cosiness in winter, chintz and cretonne are in weight and color admira-

bly adapted for summer. As coverings for chairs and cushions they are cool to the touch and an excellent protection for rich upholstery fabrics.

To save the linens of pre-war days, they make charming substitutes on dresser and chiffonier. And as window shades, they present, from within and without, a pleasant diversion from the formal shade of green or tan.

What of it if the world outside is gay with bloom? Transplant a little of it indoors, to replace the winter plants, now enjoying a vacation out-of-doors. Keep the vases full of flowers from the garden or the field. They help abundantly to make your summer interior cool and inviting.

Field daisies and feathery ferns cost nothing but the time to gather them. But so prone are we to value things by their cost that the potted marguerite, for which in early spring we pay the florist a handsome price, and which is only a sister to the daisy, is valued far more.



CHINTZ FOR COVERS TAKES AWAY THOUGHT OF HARM FROM DUST

By all means, save your linens in these days of scarcity, in this commodity. Summer dust makes frequent launderings of fine needlework on white linen imperative. But tan-colored crash and linen make excellent substitutes for summer.

Used for table scarfs, it can be hem-stitched, stenciled or have figures from the chintz appliquéed to form a border or corner decoration. The same idea can be carried out for the buffet and serving table, and even attractive breakfast runners and luncheon sets can be developed to match the hangings in the dining room.

Perhaps nothing does more for any room at any time than mirrors. Fortunately placed, the mirror borrows from the color and movement of the room.

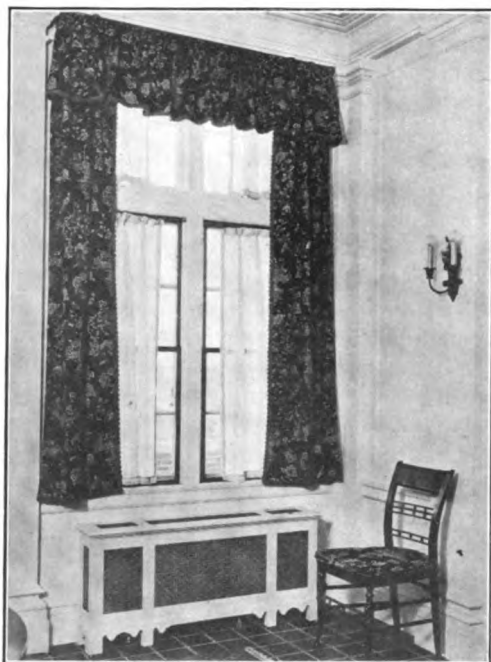
From every angle the mirror reflects a different view. It presents a series of pictures. It reflects the bowl of flowers directly in front, to the left the vivid colors of the cretonne hangings, to the right a glimpse of the room beyond and a blazing fire on the hearth.

But in summer time, placed so as to reflect a bit of garden, the mirror brings into the colors of the room the gay beauty of the world outside, and becomes a potent factor in its scheme and decoration.

Furniture arrangement may give a distinctly different note to the summer room. The low table and carefully shaded lamp, that cling so closely to the fireplace in winter, choose, for summer, a place beside the window with the fairest view and the coolest breezes.



A VASE OF FLOWERS IN OUTDOOR LIVING-ROOM



CRETONNE FOR WINDOW IN SUMMER

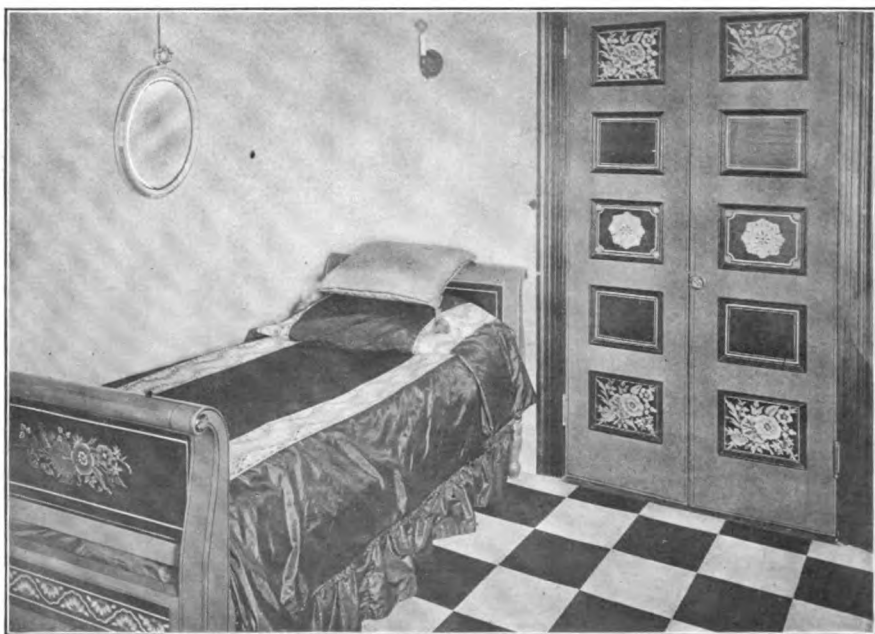
And the dining table may leave its place, in the center of the room, and take up a position near a window or group of windows where the freshness of morning

or the cool of evening lends much to the pleasure of the meal.

These changes from winter to spring raiment in our homes may be made with comparative ease, if the plan of one practical homemaker is followed out. She has all draperies, furniture covers and summer linens carefully laundered in the fall before putting them away. Her summer garb can be put on at a moment's notice. And she declares that the saving of upholstery and rich hangings is only a small part of the satisfaction, in changing the interior from season to season.

The altered aspect of the house supplies that element of change so necessary and soothing to our feverish modern living.

The charm of the summer-clad interior furnishes in the all-year-round house something of the novelty of a separate summer home. And when the leaves fall and the days grow chill, the warmth of heavy hangings, the cosiness of warm upholstery and the green of plants, fresh from a sojourn in the open, will be more appreciated for their absence in summer.



LIGHT SATEEN WITH INLAY STRIPES HELPS OUT

Aunt Alida Says So

By Ida R. Fargo

"I NEVER saw so many moth millers," complained my sister, "never, in all my life, as I've seen this summer. I can't imagine where they come from. They're worse than the plagues of Egypt!"

Sister looked cross enough to scold.

"They're a fright—sure are!" condoled I.

My comment was meant to be brief and agreeable. Partly, maybe, because, if Sister scolded, there was no one to scold except me. And—! Well—!

You see, it was three o'clock in the afternoon, and Sister had just got around to sit down. She had cooked breakfast, and put up the children's lunches, and washed dishes, and swept, and dusted, and mopped the kitchen and the back porch, and hunted up a lost harness buckle for Ben—Sister is married to Ben—and churned, and got dinner, and answered the 'phone 'steen times, and washed the dishes again (I might have done *that*, but I didn't get out till two, because of that awful history exam.), and set sponge for bread and a lunch for me, and—

But I am not going to try to tell all Sister'd been doing, and got done, by three o'clock in the afternoon, because it would take two pages, fine print. Sister says a man's work is some satisfaction. He can concentrate. He can settle down to do one set thing straight through the day. Consequently, when night comes, his work shows. But a woman's work isn't that way. She has to do a dozen-and-one things and then a dozen-and-one more, and keep right on—putter, putter, putter! "That's woman's work," says Sister. "Nothing to show for it, come night. Nothing that counts. Not so's folks would notice. Talk about a woman concentrating! She can't, not

an' keep house. 'Cause of the kind of work she's up against."

That's what Sister says. But I didn't start in to talk about Woman's Work. I wanted to talk about moths.

You see, I have just found out about moths this summer. Sister has had 'em dreadful—and so has Aunt Alida. But Sister worries, and Aunt Alida don't. That's the difference.

"I've put every blessed thing I own out on the line twice already," Sister went on, "only to find moth holes this very morning et in the sleeves of Ben's best winter coat! It's enough to drive a saint to distraction."

Then Sister suddenly sprang up and began spitting around the room, jumping up and bringing her hands together,



GOING OUT TO SISTER'S

like something had accidentally happened to her mental balance wheel.

"What —? What is it?" I gasped. I was really startled.

"There —! There —! Don't you see it?" shrilled Sister.

"See what? I don't see a thing!"

"That moth miller! Another one — and I've killed five this very morning," panted Sister. "Oh — there he goes! Above the bookcase!"

"Wait — sit down," coaxed I. "I'll get the fly spatter."

Which is what I did, having seen Aunt Alida do the same, and killed that treacherous miller — poor thing! — forthwith, and without commotion. Funny Sister don't ever think of the fly spatter for anything except flies. But I didn't say a word to commend myself — I knew better. When Sister has a double line between her brows, and it is the middle of the afternoon, and her hair isn't combed because she hasn't had time to brush it, why — I know she is apt to be edgey. It is a part of good policy for me to be meek. So I merely mentioned:

"Aunt Alida had moths when I was down there last month. She says they come and go. Some years we have 'em, and some years we don't, like weevils, and grasshoppers. Some years they're bad and some years they aren't. Grandfather Dodge was there and he said he knew one year out in Kansas when the grasshoppers were so thick they looked

like a passing cloud; that where they lit they et the peaches right off'n the trees and left the pits hanging on to the bare branches. And Aunt Alida said, 'Yes, some years pests are worse'n others.'"

"Well, I don't see that that helps matters any," snapped Sister like a pair of scissors going shut. "I don't know's I want Ben's best winter coat et full o' holes while the plague's on."

"Why don't you do something?"

I'm sure my suggestion was as soft and low-sounding and nerve-soothing as our pasture brook down in the curve of the marshland where the skunk cabbage grows. And yet —

"Do something! Do something!" giped Sister in little sharp staccato notes. "Ain't I hung every blessed wool thing out'n the sun, time in and time out, just as I said? Do something!"

But I kept still, as Ben says sometimes, I "saved my breath to cool my porridge."

"Do something!" sneered Sister again, her pretty blue eyes all full of high lights and scorn, as they are sometimes when she's real provoked with me. "Now just what would you do?"

"Like Aunt Alida does," said I.

"Aunt Alida," sighed Sister, "has a cedar chest. I'm going to — when my ship comes in. If it ever does."

"But home-made chests are good, Aunt Alida says so. Uncle Thad made her some out of pine boards, made them perfectly tight, and soaked up the joints



"THE SORROWS OF SARA" — JUST FINISHED!

with cedar oil," I explained. "Then papered them with newspapers — moths don't like printer's ink, Uncle said — with not a loose edge anywhere. Aunt Alida packed them full of things that had just been thoroughly aired and sunned — to kill the hidden-away moth eggs, if there were any — and then she put on the covers and pasted strips of newspaper over the seams, though I'm sure they were already so tight a moth never could creep in. I said so. But Aunt Alida said:

" 'You never can tell. It's well to be on the safe side.'"

"Then she slid the packed chests away in the low closet under the eaves, and forgot all about them. I think she did. She never mentioned them again."

"Ben *could* make me some boxes — he's that handy with a hammer," mused Sister. I felt encouraged.

"Sometimes, so Aunt Alida says," I continued, "she sprinkles spices throughout the boxes. Whole cloves, mostly. Because moths abhor strong odors — cloves or perfumery or cedar or moth balls. Aunt Alida says *she* don't like the smell of moth balls herself, but she doesn't object to cloves, and she really likes the cedar-y scent. Oh, yes; and usually she puts a layer of tar paper between things. She says it's safer, all around. And when she opens her chests, come fall, they make her think of the spice rooms of Araby."

"Much you know about spice rooms," mumbled Sister. Which is all true enough, since I've never been anywhere, except out to Aunt Alida's and Roxbury High. But I've smelled moth balls, and —

"Tar paper, spices, newspapers —" continued Sister, thinking right out loud, "all as easy to get as butter. And me never knowing what was good for moths."

I could see that Sister was becoming interested, and growing less edgy, so I went on:

"Oil of cedar doesn't cost much — not

like cedar chests do. Aunt Alida buys it by the six-ounce bottle at the corner drug store, and a little goes a long ways. She paints it along the seams of her chests, and in the corners, not very much, not enough to make oil spots through the paper lining and on to the packed garments, just enough to smell woodsy and fragrant, like outdoors in a forest in springtime."

Just then we heard Ben drive up on the gravel at the back gate. Sister jumped up as quick as if the cat had caught the canary, and ran out on the porch.

"Want to send for anything?" calls Ben. "Got to go in to town for a king pin."

"Yes," says Sister. "Two things — or three —"

"Write 'em down," returns Sister's husband, "or I'll likely forget."

So Sister took the envelope I was using to mark the place in my book, and borrowed the pencil I'd forgotten to take out of my hair, and wrote — I could tell what she was writing by the twist of her mouth: Whole cloves, tar paper, oil of cedar —

And I went back to my reading. The most interesting story! Lottie Evens let me take the book, "The Sorrows of Sara." I really did hope Sister wouldn't want to know anything more, not till I got to the end of the chapter, anyway. Because something was surely going to happen, and I'd been simply crazy for the last half hour to find out about it. . . . But Sister seems to be just as absorbed in What-to-do-for-Moths as I am in "The Sorrows of Sara." Queer what just getting married makes folks interested in — musty old things like moths, and the like. But Sister's been that way ever since she and Ben went to housekeeping. Anyway, I'm glad I could tell her what Aunt Alida said — maybe she won't be asking about my book, or that awful History Exam. Really, I'd rather she wouldn't.

The Transplanted Housewife

By Alice Margaret Ashton

"**M**AYBE I'm callin' oftener than you're accustomed to. Maybe you'll agree with Pa —"

"What has 'Uncle Wallace' been saying now?" demanded pretty Betty Jackson, spiritedly, opening the side screen door for her early caller. "Seems sometimes as if the men could never let us do a bit of neighboring and harmless gossiping without —"

"Why, Pa says, 'Don't for goodness sake wear out your welcome, Marthy. Them children don't want old folks, like us, hanging round all the time.' But I'd just heard about the old Beaman house—"

"Across the road?" demanded Betty Jackson interestedly. "The empty one—all fluttery shingles and cracked little panes?"

"Yes, yes, but it won't be fluttery and cracked for long, because it has been *bought*—by young folks like you and Jimmie."

"Oh, lovely," exclaimed Betty with shining eyes.

"That makes the fourth empty house—right round here—bought by young folks! I declare I'm so pleased I'm half loony, I guess. This neighborhood has been running out and getting older and every year more empty houses. And then the Ladds commenced it and then you—you *do* like it, don't you, Betty?"

"I love it. Let me take your sun-bonnet, Aunt Martha. Course you can sit a minute!"

"Who wouldn't love it with no rent, and a coop for chickens and the grocery bill only twelve dollars?"

"Twelve dollars!" gasped Aunt Martha.

"They must have made a mistake figgerin'—you *couldn't* have et that amount in one week, child."

"But that's less than it was in the city—I tried to keep it down to fifteen,

but you ought to have seen the items!"

"Maybe you'd better *let* me see," suggested Aunt Martha, gently. "I want you young folks should do well and get started saving your money."

"Well, we want to," agreed Betty. Adding meekly as she passed over the itemized bill, "I thought twelve dollars was doing pretty well."

Aunt Martha studied the figures with a puzzled face for a few minutes. Then her brow cleared.

"I see what's the trouble, child," she said, patting Betty's tanned little hand reassuringly. "You're a transplanted housewife and you haven't learned how to manage under your new conditions. If you'll not resent the interference of an old lady who has always 'housekept' in the country —"

"Goodness, if you can tell me how to keep the bills down and still have plenty—Jimmie *likes* to eat, you know!"

"Course he does, and so do you — so do all young folks, an' most old folks for that matter."

"But *look* what you've been eating — things shipped in, in tin cans and paste-board boxes and such. An' right round you the farms are full of food, lots of it going to waste."

"I've always considered the package stuff cheapest — there's no waste," defended Betty.

"In the city, maybe. But let's study over this bill."

"Now, here's meat — a big item. Why not buy less meat and use more eggs and milk. The eggs you are producing yourself. Milk you can buy just a step up the road for ten cents a quart. How much milk do you use now?"

"A pint a day and a gill of cream."

"Better 'cut out' the cream and get a couple quarts of milk to start with.

'Set' the milk at night and skim your own cream in the morning. Then *use* every drop of that milk."

"But how in the world —"

"Study how to use milk in your cooking. Before this you have studied how not to use it! Good, clean milk, at any reasonable price, is the cheapest food you can buy and one of the best.

"Doesn't Jimmie like 'milk desserts' — cream an' custard pies an' rice puddings an' tapioca cream?"

"Um! Well, I guess we both do! Only I never make them very often, 'cause there is never milk enough and I thought it was extravagant to buy it *on purpose*."

"Well, it isn't — not in the country, anyway. An' there's scalloped dishes. An' milk in your bread instead of just water; better yet, make cottage cheese of your milk and use the whey in making bread. An' nothing is better for supper on a hot night than just bread and milk — or on a cold one than hot mush and milk. Pa and I have never outgrown popcorn and milk. Why, even when old Fannie gives a big painful, we use every drop some way o' ruther."

"What else about that bill?" demanded Betty. "You've converted me to milk."

"Well, now, here's fruit — quite an item it figures up to."

"But fruit is so healthful —"

"The more fruit the better. But not necessarily fruit out of season, or fruit that has been shipped two-three thousand miles. A little of that for variety and special treats. But when you live in an apple country like we do, you should make apples and local fruit your staple."

"But there hasn't been an apple man through here since we came, so I've just ordered other fruits from the grocery, as I've always done."

"Well, it's time now to lay in your apples for winter. Three barrels, anyway, Pa and I always figger on and we *eat* them, too! This year they are extra cheap. You can get them at the farms

for seventy-five cents a bushel — even for fifty, if you pick them yourself. Jimmie'll have to go with Pa Saturday afternoon and lay in a stock."

"We've never eaten very many apples," observed Betty. "I am afraid we'd never use *one* barrel, even."

"You'll acquire the apple habit just like any other. Don't you like apple pies? An' apple jelly — from the parings? An' there's apple puddings a-plenty and all good. An' apple salad. Dried apples are fine to keep when the fruit is cheap and goin' to waste. An' there's the apple-before-you-go-to-bed habit. Apples! My sakes, course you can use apples!"

"I — I believe, we could," Betty acknowledged. "I remember the good things Mother used to make with apples when I was a youngster."

"Then there's potatoes," persisted Aunt Martha. "Since the high prices, city folks seem to have been sort of scared about using potatoes. Now they are cheaper, especially so in the country."

"Get your whole winter's supply put by in your cellar. And use lots of them — nothing better. It's a regular game trying to see how many good ways you can find to use potatoes."

"When potatoes are cheap I use them in my bread — makes the bread extra good and requires less flour. Just mash 'em or put them through the potato ricer. As much as a quart will do no harm."

"I like adding a cup of riced potato to my doughnuts — they seem to keep better that way."

"I suppose we might get other winter vegetables that way now we have a cellar to store them?" said Betty thoughtfully.

"And at a real saving, too," said Aunt Martha, "if you order only what you can use while they are fresh."

"When the weather gets cold and farmers begin butchering, you can often buy meat of them — a large piece of beef, a whole ham or half a pig."

"There's other things, too. Popcorn

bought at the farm doesn't cost a quarter what it does in pasteboard boxes.

"An' lots of times you can get hickory nuts. Or a big jar of butter, or a case of honey."

"Oh, oh, we like honey! I never ate such honey as you gave me the other day, Aunt Martha."

"Well, we can *walk* over to Abe Farney's some nice afternoon, you an' me, and you can order your winter's supply—only twenty-five cents a pound, he asks, if you return the boxes. He'll deliver it some day when he is driving into town.

"But, good land, look at the clock! Pa'll say I'm crazy sure to stay all fore-

noon and bother, all about nothing."

"Bother!" said Betty indignantly. "When I love to have you come? And when I'm at your house hours every day? And when you show me how to do so I can reduce expenses even more than I ever dreamed possible?"

"Oh, well, we all have to learn when we change our way of living," observed Aunt Martha cheerfully, as she tied on her bonnet.

"Anyway, being a 'transplanted housekeeper' in this dear little place beside you is the nicest change I ever made," declared Betty. "And I'll pass your advice along to all the other newly transplanted, see if I don't!"

A Cry for Good Cookery

By Ladd Plumley

AS sportsmen, some of us visit every summer remote backwoods valleys, where we are sometimes obliged to spend a night or, perhaps, a week, acting the part of what a friend calls "paying guests." Generally, in such back-from-the-railroad regions there are plenty of eggs, plenty of fresh vegetables, plenty of milk, and when we are fishing, generally plenty of fresh trout; indeed, plenty of every kind of raw provisions, with the exception of fresh meat, which is generally scarce. With this exception there is every kind of good thing, all ready to be spoiled, and spoiled with a spoiling skill that is fairly amazing.

In back regions, particularly in mountain valleys, food is so wretchedly prepared that, time and time again, some of us have cooked our trout at midday on the stream and roasted potatoes in the ashes of a streamside fire, so as to have at least one digestible and appetizing meal each day.

Go back into almost any such region, back from the railroad towns, and generally potatoes will be cut into small chunks and boiled, coming to the table a

soggy and watery pulp; trout will be fried in plenty of insufficiently heated grease, and are fit only for the pig-sty; meat, when fresh meat is to be had, will be fried into the semblance of black leather, or boiled into shreds. Very frequently the housekeeper will lament, "'Pears like my las' bread be a bit sour!" And sour bread is so frequent that you always mistrust it when it comes to the table.

My wife and I once spent a month in a lovely valley far back from the railroad in the central Catskill Mountains. The family we stayed with owned a splendid farm, a herd of magnificent dairy cattle, an army of fine chickens, had an excellent vegetable garden, and the cellar was stocked with apples and every kind of root vegetables. Fresh meat was difficult to get, so we had practically none, but trout were plenty, and we sometimes had in the spring house twenty to fifty beautiful fish. They were generous with their chickens, in fact, generous as to everything. Chickens were on the table at dinner twice to three times a week.

The woman of the house was kindly and desired to suit our city tastes, but she

had as little idea of good cookery as a digger Indian. Moreover, she was of that sort who resent any hint from others. She had learned her strange and almost magic arts of spoiling things from her mother, and, doubtless, the mother from her mother.

Her method of cooking chickens was to put them in cold water, and plenty of cold water, and boil them at a thumping rate until you had a mass of chicken shreds mixed with chicken bones. Then she took some of the chicken water, mixed it with a little milk and flour, stirred it up, and called it "white gravy."

When asked by my wife how she cooked the chickens she answered, "Jes' put 'em in an iron pot with lots of cold water and bile 'em and bile 'em well."

It was so difficult to get a soft boiled egg that we gave up trying. A favorite method of cooking potatoes was to boil them until they were a soggy mess, drain off the water and mix the potatoes with lard. These were called "smashed potatoes."

One of the sons and two of the daughters suffered pitifully with dyspepsia. The only wonder was that all of us didn't die within a week from some stomach disease, brought on by the misuse of a wealth of good food.

That kind of cookery is pretty common in all remote rural districts, and it is little wonder that in such regions entire families suffer from stomach troubles.

I have an excellent basis for my belief that one of the reasons why the male youth of American farms seek the city is because in the city food is so much more appetizing and so much more healthful than on the old home farm. Primitive man is an eating animal and he has an instinct for good food. If he doesn't get it where he is, he will go, if he can find that place, where good food can be obtained. And the cheapest and poorest city restaurant would be ashamed to bring to the table food cooked in the manner that it is frequently cooked back on the dear old home farm.

I have never forgotten a youthful country male friend, whose mother was a past mistress in the not-difficult art of spoiling trout and, indeed, everything she put on the excellent wood range in her kitchen. The son's mouth fairly watered as he told me of the dinner that could be had at a country hotel on the route out to the railroad. At the end of my fishing trip, he drove me out of the valley, and all that morning he talked of the wonderful dinner we would get. It proved a most indifferent dinner, but so much better than the meals behind us "up valley" that it is little wonder the young man smacked his lips and fairly gormandized over his plate.

Now, back in what is now a remote past, country cookery was very different from what it is today. And I hold to the theory that back-country cookery is getting worse and worse. One reason for this change may be that in former times, say thirty years ago, a housewife had more help than she has at present, or has had for the last few years. Hence she could give more attention to her table than she gives nowadays. But probably, also, the standard of good cookery on farms has much lowered. Country gatherings are not as frequent as they once were, where rivalry, as to the best pie and cake, naturally brought much attention to the art of cookery. Whether growing worse or not, there can be no question that in many farming regions cookery is so bad that the wonder is how it could be worse.

If we want our male youth to stay on the farms, and this is an imperative need, our young men should have appetizing and healthful food. Back on a trout stream, where I do some of my fishing, you see none but aged men getting in the hay and harvesting the crops. Last summer I asked one of these aged farmers — he is a man of seventy-five — where his sons and male relatives had gone. He told me of two sons and a nephew, who were in clerical positions in cities.

"Don't for the life of me see why they

went," he said sadly to me, it seemed.

I may be wrong, for I never took a meal at that farmer's house, but if the food there is what I have eaten in some near-by farmhouses, I can guess one of the reasons why the two sons and the nephew are "clerking it" far from the dear old home farm.

There is one plan that is perfectly feasible, that is practicable, that would be comparatively inexpensive, and that would bring about a revolution in country cookery. The state provides instruction in a great variety of subjects, even in the smallest and most remote cross-roads schoolhouse. Granted that it is important to give instruction to the girls of remote farming regions in arithmetic, algebra and all the rest, it is far more important that they should have instruction in the art of cookery. Indeed, this is more important than all the rest. To their fathers, their brothers and their future husbands and children, good cookery means health and happiness, good cookery means, indeed, life itself.

Now a state could have *paid teachers* of country cookery, these teachers to spend, say, a month at one of the localities on their rounds through their assigned districts. There would be no difficulty in getting farmers' wives to offer their kitchens for instruction to the girls of the locality, say on different farms for three or four afternoons a week. The class would gather, bring with them such raw provisions as were assigned, and spend an afternoon under the instructions of a skilled cook. Afterward, a supper could be served to invited farmers, where the members of the class would have a chance to show their acquired skill.

In this way the only expense would be

the salaries of the instructors and their boarding expenses, and the latter would be small in the regions referred to. If the county paper notified the farmers of the region that a state cooking instructor was about to visit a certain locality, the girls would be ready to assemble for cookery instruction.

Some will say that the indictment against back country cookery is not true of some regions like New England, for example. But, as a matter of fact, although once upon a time country cookery in New England was good cookery, at the present time this is merely a tradition, a tradition which has lingered far beyond the fact. This may not be as much true of New England as it is of some other regions, but, unfortunately, it is true of even many New England back valleys.

And it would seem to be axiomatic that until rural attention is directed to good cookery, and the vital importance of good cookery, and the girls of the back country farms have instruction from outside their own homes, no change can be expected to take place. And it would, also, seem that, if we are really in earnest in making the home farm, and home-farm life, as attractive as possible, our states should take up the matter of instruction in cookery for back country regions. To make farm life attractive, libraries have been suggested, lectures at the cross-roads schoolhouse are given, and other means for evening entertainment have been discussed. But no one can read a book with pleasure during an attack of dyspepsia, and, after such a supper as I have frequently eaten back in the mountains, I defy any one to enjoy a lecture.



Hints for the Woman Who Would Run A Successful Eating-Place

By Nancy D. Dunlea

THE first thing to decide in opening an eating-place is the location.

If it is to be a woman's place — run by a woman who caters to women — it is more likely to be successful if near the places wealthy women frequent, such as exclusive specialty shops, theaters and clubs. If it is a place that specializes on home cooking, with the idea of appealing to men, or general patronage, it must, of course, be in the business district. The first kind of eating-place — an attractive place for well-to-do women — is more often a successful business venture for women, as they excel in giving dainty service in pretty surroundings. Women who patronize an eating-place of this kind look for a certain refinement and originality. But if a woman decides to bid for men's trade, her feature must be generous quantities of plain, substantial food, well cooked, plus anything else she decides to making a drawing card.

It is something worth considering, when deciding to open an eating-place — whether it shall be a man's or woman's place, for the line is more distinctly drawn than perhaps the average person realizes. If at a "man's place" the sign invites feminine intrusion by such a placard as "Seats for Ladies," the gradual growth of feminine trade will just as surely reduce masculine patronage. This happens for two reasons. First, many men prefer to eat a hasty meal "with no style" with "no women around"; and second, as women come into the place, the demand for more particular service, such as table linen, thinner dishes, and daintier salads and desserts is sure to make itself felt. The management who responds to it, in order to continue profitably, nearly always yields to the temptation to cut down the size of the portions. The result is, as the writer has frequently

heard men complain, "they're cutting down the quantity. Too many women come there now, anyhow. So I don't eat there any more —"

After the type of eating-place has been decided upon, and the location best suited to the class of trade, a name for it is of real importance. With men, perhaps, it has less attraction, than for women, but it is wise to have one short and catchy, so that it will be easy to remember as well as recommend.

With the up-to-date woman of means a "smart" name is more likely to appeal. Names of some tea-rooms that have been successful in southern California include the Copper Tea Kettle, Idle While, Log Cabin Inn, and Vanity Fair Tea Room. Names of some other light lunch places as well as more general eating places include The Orange Blossom, The Wistaria, the Colonial Cafeteria, Chocolate Inn, The Dragon Fly and the Bungalow Sweet Shop.

The name that is "different," and one that lends itself to various forms of advertising is a good one. For example, a name such as "The Clover Blossom" or "The Blue Bird" is really practical, for it can be used so attractively on such articles as the dishes, table cloths, napkins, the signboard without, business cards, posters and any other advertising notices in newspapers or street cars or on programs. And any name that can be symbolized frequently by some object such as a bell, a cat, or a flower, is a catchy advertisement for an eating-place, for it has a good chance to attract public fancy and remain long enough in the memory to gain fame. This is particularly true with women, with whom such seeming trifles have a certain appeal.

Both the exterior and interior of a tea room or any similar place must be both

dainty and original to attract feminine trade. This does not mean, necessarily, a great deal of expense. But it does require spotless windows and napery, flowers or plants and many such accessories as frilly little curtains, pretty candlesticks and mirrors. A small bouquet of flowers for every table, fresh — strictly fresh — every day is always pleasing to feminine patrons. Very plain glass vases that can be kept sparklingly clean, and ordinary flowers, like geraniums or field daisies, fresh every day, are much more attractive than more expensive posies from the florist's, that can only be changed twice a week. A place cool in summer, warm in winter, well aired, and certainly free from flies must be maintained. An artistic color scheme is a great factor in making even cheap furniture harmonious and nice looking.

Just the plainest, cheapest kind of dining chairs and tables enamelled in the light, up-to-date colors, such as white, cream, dove gray or light green, make a very dainty, pretty eating place, if the walls are the right color, to make the place seem cheerful and spotless. Light gray walls can have any number of various treatments. The Idle While Tea Room, mentioned above, has a light gray tint, marked off in panels with stencilled borders of conventional orange and green flowers. With cream-colored furniture and fresh green growing ferns bordering the front windows, the effect is very inviting. Another color, good with the practical gray, is a border of roses to match side drapes of rose-flowered cretonne. Gay tulips of crimson or yellow would be equally good for a border, and curtains of plain yellow, in a rich, deep tone would be sure to lend sunshine to a dark location. Still another pretty color is gray walls with Dutch blue accessories — say a wind-mill border, blue dishes, dull blue side drapes and waitresses wearing blue dresses with starched white aprons and perky caps, just as do the girls in some of the Dutch chocolate shops and bakeries.

The view from the street, through the front window, is one of the best advertisements any woman's eating place can have. To this end, the window should be wide, but cosily draped. Plants either in a plant stand within, or a window box without, are part of the picture. In summer, the right awning will add both comfort and a certain air of smartness. The "table by the window" should always be particularly alluring. Right here, it might be said, that this kind of an eating place gains a certain home-like, more individual air with a variety of tables, than a dozen or two all of the same size. Let the table or two by the window be irregular-shaped, with, perhaps, a windsor chair drawn up to suggest a very comfortable tête-à-tête. And perhaps a wicker standard, from which hangs a bird cage holding a carolling canary, will complete the charming "inlook" from the street.

Now, of course, the main thing at any eating place is "The Eats." It is taken for granted that any woman who contemplates opening such a business has a positive talent for making good things to eat, or, at least, can make some specialty that is sure to be popular with the public. If she can't cook herself to any great extent, then she must certainly have sufficient capital and "good business" to hire an A-one cook. For, after all is said and done, the most picturesque place in the world will not hold the eating public. They may try it once from the sheer fascination of looking through the windows — "but never again," if the food is poorly cooked or badly served. Right here is another fact, true psychologically, about large quantities. Every one feels outraged at "stingy helpings." They are really more than ready to pay more, if the plate always looks generously filled. So any woman is wise to serve Large Portions! — even if she has to charge more. It soon becomes a mouth to mouth advertisement, "They do give you such a lot on your plate at —. Yes, of course, they charge so and so. But I

don't mind paying when I get plenty — Really, one order is enough for two —" Just so did women used to talk about a certain dry goods store tea-room where six fried oysters were served for sixty-five cents.

"But," objected one woman to another who recommended it, "I never spend over twenty-five or fifty cents. I get a malted milk, a sandwich and tea, salad or ice cream for half that —"

"But, my dear," replied the boosting woman, "you only get 'half filled.' Their six oysters are fried deliciously brown and are a whole meal!"

The point is, whatever is charged to the patrons, men or women, a "whole meal" means a fame and success worth striving for.

"Specials" are undoubtedly drawing cards. Watch a popular soda fountain some day and see. The "fruit salad sundae," which sells for five cents less than the regular strawberry nut sundae, attracts a crowd, and one, at least, of every two women who flock there for a special, adds something to her menu, or chooses something more expensive than the special. A few suggestions for "specials" are "Vegetable Dinners and Lunches," "Business Girls' Lunches," "A Matinée Luncheon," "Holiday Picnic Lunches," "English Tea" or "Boston Baked Bean Suppers." A straight charge for every item included in the special is preferred by most patrons. For example, if a Boston Baked Bean Supper is charged thirty-five cents for, this may include an individual pot of beans, two slices of

brown bread and one of white, butter, one piece of apple pie and coffee, and perhaps a pickle relish or a square of cheese added.

Specials that are sure to appeal to boys are turnovers of all kinds, apple pie à la mode (apple pie with ice cream on top), doughnuts, squares of gingerbread, pint bottles of milk accompanied with a straw, and gingersnaps, tomato spaghetti, hash with brown gravy, and hot sandwiches composed of buns filled with either roast beef, pork, weiners, bacon or fried eggs.

The college miss is much keener for every kind of a salad concoction and every possible accessory from olives, radishes and potato chips, pickles, to "Dream sandwiches," a slice of dripping chocolate layer-cake, frothy drinks and fancy ices.

Your real *matinée* girl "adores French pastries" with her ice cream, while her mother may order a cup of tea with a couple of English muffins.

If it is fancied that sweet desserts are to be restricted at a place for men, or general patronage, watch the eager line at a cafeteria some midday, and see two desserts on the men's trays, like for example, strawberry shortcake and apple pie or watermelon and cocoanut layer-cake!

The profitable part of the "special" is to feature it when its principal ingredient is cheapest in the market, for vegetables, strawberries and peaches, for example, all have their cheapest season.

With all these things, and with prompt, cheerful service added unto them, the smallest venture of an eating-place will grow larger, because it cannot help it!

The Hospital Nurse

You ring—then comes the nurse all fresh and white,
And it is comfortable to have her near;
At her approach discomforts disappear,
As she makes window-shades and pillows right.
Perhaps it is her smile, attractive, bright,
Perchance her voice, restful and good to hear,
That helps one to meet pain or haunting fear,
That gives one courage for the wakeful night.

Oh, who of us would so forgetful grow
As to neglect life's joyous, gallant task
Of easing burdens and relieving woe
For those who need—for some who do not ask?
Let us remember, pledging with right good-will,
The nurse—and prove that we are grateful still.

Clara Seaman Chase.

The Insidious Tantrum

By Louise Taber

THE mere word, tantrum, all but crackles with electricity, as it animatedly whisks a kite-like tail of synonyms, that hint of such diverting foibles as — tempestuousness, whimsicality, captiousness. The genealogy of the tantrum, itself, dates from the Adam and Eve period. It is no respecter of persons, and it flatly refuses to be hampered by rules of etiquette. With artful cunning it stirs its victims as though by a devil's elixir, to fierce and awful delight in wilful words and actions. The dimpled cherub, cooing in his be-ribboned bassinet, is quite capable of registering a family upsetting tantrum, by subtly holding his precious little breath until he becomes black in the face; this is his way of making it understood that he will brook no delay in the ministrations of his devoted slaves. Grown old with the lapse of time — perhaps a deacon in his favored church — the tantrum still hot on his trail will slyly induce him, now and then, to slam-bang a door with unseemly violence; to vindictively kick at the cat, or if too hard-pressed, to the fervid utterance of a neat little unorthodox dammit.

A frenzied clatter of pans and skillets, in the kitchen, indicates that Cook, armed with her trusty rolling-pin, is good and ready for a set-to with the passing vexations of a perverse and sinister day. Indignation is in every step she takes. Rebellious fires leap in her eyes as she scrubs, and polishes with furious energy. Her every act confirms the truth of her proud boast that she is descended from good old fighting Irish stock. Later on, her emotional effervescence dispersed and the white dove of peace again hovering over her clean, and shining kitchen, she will hum snatches of melodious Irish songs, while she bustles about, heavy-footed, but light of heart, in the prepara-

tion of a peace offering, in the form of a super-dinner.

In a stately drawing room, its shining old mahogany, and gleam of Oriental rugs warring against its massive glooms, Miss Endicott, very impressive in a black satin dinner gown, is seated in a great carved chair that oddly typifies her own haughtiness. A footman enters with the coffee service. Punctiliously filling a demi-tasse, he adds the accustomed two lumps of sugar and effects a noiseless exit. In the midst of pomp and luxury, Miss Endicott becomes for the moment just a desolate old woman oppressed by an awful sense of loneliness. She is overcome by the idea that stubborn pride, and self-sufficiency have kept from her the real things of life. She is not living, she tells herself — she never has lived, having neglected love and human companionship. Her eyes grow misty and forlorn but scorning the weakness of tears she forces them back to ponder aloud — life is not only a riddle, it is h-hell and the d-devil, too. With reluctant delicacy we turn away; and in that delectable moment it must have happened. For when next we direct a news-monger's gaze upon Miss Endicott's affairs, the Georgian hall-marked coffee pot, in its silver-satin glory, lies on the floor weltering in its own coffee; and a shattered little Dresden china cup is keeping it company. Miss Endicott has, indeed, trailed decorum and dignity in the dust she has offered the supreme insult to her revered ancestors now doubtless writhing in their respective graves. Furthermore she snaps her fingers at Destiny itself, bravely animatedly planning to devote her remaining years to the vicarious enjoyment of youth, and romance, and love.

As mornings go in California, it is the utter ultimate of perfection; a mornin'

of sapphire skies, radiant sunshine, and flower-scented breezes. A mocking bird warbles his repertoire of songs from the topmost bough of a spicy-smelling-eucalyptus tree. There is a tang of the sea, too, as the sparkling, blue Pacific, with boom of tumbling surf gives steadfast old Point Loma a hail and farewell salute in passing. In blithesome mood you spring from your downy nest; in response to the call of the breakfast bell you leap the stairs two at a time. With a poet's rapture you behold the brown Japanese basket, heaped with tangerines, crimson pomegranates, clusters of purple grapes, and flaming Tokays, that glorifies the breakfast table. The lyrical tap of a spoon against the shell of your costly, four-minute egg, reveals a golden yolk, glowing through a quiver of jellied white. The toast is crisp perfection. You sip fabulous nectar from a thin, white cup; the high gods of Olympus have nothing on you.

The sun, now partially veiled by a trailing wisp of cloud, looks not unlike a huge, lopsided Chinese lantern flaming low in the sky; pouff—it sinks from sight. And with it vanish your fine-spun fantasies of the morning. A darkling mood descends upon you while

clinging to a strap in a crowded street car; you fiercely long to smite the idiot across the aisle who prattles loudly of afterglows, purple Cuyamacas, and all that rot. You are hard-pressed and heavy-laden, and your shoes are full of feet. Home at last, you fling yourself into a chair and wearily close your eyes. Then it is that your vexations and shortcomings, your heartaches and misdeeds hem you in on all sides, and with malevolent faces taunt and goad, until—swish, bang, zip! you are waylaid by a fit of brooding resentment and animosity toward the world and its diabolical treachery. You are almost angry against God.

Like a touch of a cool hand on a fevered brow is kindly psychology to a tantrum-ridden world. It tracks to their very lairs, these troublesome undercurrents that sway one's being. It discovers the tantrum, shorn of its erstwhile flavor of disreputability, timorously hobnobbing with worth and respectableness, in the guise of a sort of clearing-house for the overburdened mind. Be it as it may, we may rest assured that like the bogymen, the tantrum is a-goin' to get us if we don't watch out. In fact it is a-goin' to git us whether we watch out or not.

A Family Affair

By Barbara Erwin

YES, dear, I hear you. Mr. Arms for dinner and the other man is coming, too. Well, I'll do the best I can."

Mrs. Ellis hung up the receiver with a tired sigh. Her husband was bringing two business friends home to dinner, she had already ordered hash and corn bread for the family and she must descend and make a change. "Hilda won't like it a bit," she thought, the anxious lines growing deeper in her forehead; "we had company last night and she is so

disagreeable about it lately—if I could find any one else I'd discharge her, but I must have a go! I've undertaken all this club work and John and the boys ought to be able to bring their friends home when they want to without causing an uprising."

With this not-too-agreeable jumble of thoughts in her mind, and trying to look pleasantly firm when she felt only weary and harassed, she went down to the kitchen to do battle with the belligerent Hilda.

Mr. and Mrs. Ellis, with their three sons, lived in a pretty home in Baxter—a rapidly growing, mid-western city. They had married young and had grown with the place until now John Ellis was at the top of a thriving business and the three boys were almost young men, deep in high school and social life, both of which they found exceedingly interesting. With the passing years the simple mode of living of the Ellis family had become more complicated until Mrs. Ellis sometimes experienced a passing feeling of regret for the days when she and John were poor and the children all babies together. She enjoyed her touches with the outside world, her executive and club work, but during the war it had become almost impossible to secure good help in the house and she had endured the usual succession of one poor maid after another. There were cars in the garage which the boys drove, for they managed only a man to take care of the lawn and wash windows.

"As soon as I hear of a good chauffeur I'm going to hire him," John had said, only that morning. "But you boys can keep your hands off of him. I'll give you the Buick and you can take care of it and run it to suit yourselves." Ejaculations of approval and disapproval followed, with the usual hubbub of boyish voices.

Hilda proved as "ornery" as Mrs. Ellis had expected and was only placated by the offer of an extra afternoon off that week. Poor, little Mrs. Ellis started for her meeting with an aching head. She noticed the white threads in her pretty brown hair as she put on her hat. "It's not sorrow, but cooks, that bring them there," she thought to herself, with a whimsical smile at her own sufferings.

The dinner party, however, went off very well. The three boys were away, as the athletic association was giving a spread at school, so Hilda had not so many to serve, and the business friends proved pleasant and conversational. They sat on the porch afterwards to enjoy the soft June night, while the men smoked.

Mrs. Ellis felt tired and drowsy and her mind seemed obsessed with the thought of a huge pile of undarned socks and unmended b. v. d.'s, which were heaped on the rocker in her room. No matter which way the talk turned, this image came back to her. Perhaps through some magical moonlight process they would disappear and she would find them tomorrow all mended and put away in their respective chiffoniers and high-boys. But no such luck was hers, for when the guests finally departed and she and her husband went upstairs, the heap loomed bigger than ever.

"Feel all right, don't you, Ruth?" her husband asked, noticing her flushed cheeks and weary droop.

"Oh, yes. My head aches a little. The dinner went off well, didn't it, dear? Don't lock the back door, Hilda is out. And be sure to leave a light for the boys."

All night Mrs. Ellis dreamed. Miles of undarned socks, unwritten committee reports and unmollified cooks passed through her weary brain. Morning found her with an aching head and sore throat.

"Hey, you! Dick, Tony, Aleck!—get up!" called Mr. Ellis, pounding at his sons' doors. "Your mother's sick. Scoot now, and get down to breakfast without too much noise."

Soon three heads in various degrees of sleepy dishevelment were poked in at Mrs. Ellis's room.

"Oh, say, mum, too bad." "Don't get sick, what'll we do without you?" "Where does it hurt?" "Shall I bring up your coffee?"

Mrs. Ellis managed a feeble smile. "Hurry up, darlings. Tell Hilda not to burn the waffles," she croaked.

The doctor came, murmured something about a little touch of grippe, left some pills and departed. But that evening Mrs. Ellis's fever mounted, a nurse was installed and three weeks of influenza followed, during which she did not stir from the room. At first, she was too sick to know what went on in the house, or to care. But finally one morning she

awoke with a normal pulse and head almost clear.

"How have you gotten along?" she asked her husband when he came in to see how she was. He looked a little worn and shabby, she thought. "It must have been so hard for you. Was Hilda decent about things?"

"We're doing just splendidly," he assured her. "Now don't you worry. The boys are all fine, and full of the dickens, and I want nothing except to have you get well."

To this she weakly acquiesced, but the next day she was much stronger and the boys all trooped in to make her a call. Then the true state of affairs leaked out.

"Who has been paying Hilda?" she asked.

"Hilda!" blurted out Aleck, the youngest. "Why, she's gone. Left the first day you were sick. Afraid she might get the flu. Hope she chokes, old tightwad!"

"Why, Aleck! But who has been doing the cooking?"

"WE have. All of us!" came the chorus of eager voices.

"No, sir, I always cook the meat by myself," Dick asserted.

"Me for the baked potatoes! I wash 'em good, you bet!" This from the elegant Tony.

"Dad makes slick coffee," Aleck put in, not willing to have his adored father neglected.

"Boys, you don't mean to say you haven't had any help with the work. Why, how in the world have you managed?" said their mother, trying to get a straight story amidst interruptions and contradictions. "Dick, you tell me while the others keep quiet—if they can!"

"Well, you see, mum, Hilda went almost right away after you got sick. Dad tried to get some one else but he couldn't. So we said, 'We'll do it ourselves!' And we got along fine! Had most of our dinners at the Inn, but last night we cooked it here. We all help with breakfast, and then wash the dishes in the evening. Of course, the boys stay

at school for lunch and the washwoman has been cleaning the kitchen. Everything looks real nice. You wait and see!"

In spite of his affectionate reassurance, Mrs. Ellis felt tears of worry and weakness rising to her eyes. She must hurry and get well to meet this new situation. And yet her sons looked happy and healthy in spite of some missing buttons and oddly assorted articles of apparel. They evidently had not suffered as yet, and her husband, when she talked to him that evening, was equally confident that they could manage things until she was well again.

"You just take your time about it and keep Miss Smith as long as you need her. It will do us all good to fend for ourselves, and the boys are really enjoying the adventure."

So she must perforce settle back and be content, not asking too many questions, even when one morning there came a terrific crash from the kitchen. "There goes my rose and white breakfast set," she thought, tremulously.

But Aleck explained, when he appeared a little later, that he had accidentally dropped the wash boiler.

"I was going to put the dishes to soak in it. That old dish pan is no good! Too small!"

How delightful the house looked that first afternoon down stairs! A little extra dust, perhaps, but the furniture and dishes all unbroken and in place, and some one had even watered the ferns every day, for they looked fresh and green. Anyway, nothing else mattered, it was so good to be well again and able to move about. At five her husband came home with his arms full of roses and the boys made their usual vociferous entrance, each with a big bear-hug for "mum," who was down stairs, at last, after these many days. They put her in an arm chair by the front windows and all repaired to the kitchen, even John, looking as if he really enjoyed the prospect of getting a meal. There was

Continued on Page 140

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

REDEMPTION

The old gods wait where secret beauty stirs,
By green, untempled altars of the Spring,
If haply still there be some worshippers
Whose hearts are sweet with long remembering.
The cloven feet of Pan are on the hill,
His reedy music's sadder than sad rains,
Since none will seek — pipe ever as he will —
Those unanointed and neglected fanes.

Beauty and joy — the bread and wine and all —
We have forsworn; our noisy hearts forgot;
We stray and on strange altars cry and call.
Ah, patient gods, be patient with us yet,
And Pan, pipe on, pipe on, till we shall rise,
And follow, and be happy, and be wise.

David Morton.

THE MONDAY PAPERS

"The cabaret's a tool of Satan!"
Thunders the Reverend John Roach Straton.

"Let's keep our hands off Russia," foams
The Reverend Doctor John Haynes Holmes.

"Ford's charges are a pack of lies!"
Declares the Reverend Stephen Wise.

"Away with hypocrites and cant!"
— The Reverend Percy Stickney Grant.

If preachers did not preach on Sunday,
How could they fill the sheet on Monday?

PROFIT AND LOSS

THE printers' strike has been declared off and we hope we may be able to resume our regular routine of business and get our publication out on time. The law of supply and demand must be fulfilled. Gradually we are reaching that condition, it would seem. The farmer and the retailer are the last to yield to the general reduction in prices. Amid the present war of prices no one can be exempt. Each must submit to the inevitable, take his losses, and begin anew. We know no way of getting an honest living except by constant effort and saving something, from time to time. We must live within our means and try to have something left over for the rainy day. To get rich quick is not the way of wisdom. It is not fair to other workers. No good results therefrom.

"Reason's whole pleasure, all the joys of sense,
Lie in three words — health, peace and competence."

THE NEED OF EDUCATION

IN a republic, is it not plain that intelligence must have a leading part in guiding its destiny? We appeal for universal education, for raising the standards of instruction and spreading intelligence among all the people. The countless institutions, richly endowed and flourishing, all over the land, show how much has already been done for education in America, and yet masses of people are not reached at all. We have recently visited institutions where millions of dollars have been spent in the most perfect equipment to train and develop youth. This is well. Herein lies the well-being of the state. But how about our common schools? These must be enlarged and perfected, to reach all classes, to the end that intelligence become universal, and everywhere prevail. We are tired of reading of the rule of the proletariat. We need intelligence to direct us in right-living, in manners and morals, above all, in religion and in government. "Order is Heaven's first law."

DISARMAMENT

IT would appear that the lessons of the past six years should be enough to convince anybody of the danger of nations striding up and down the earth armed to the teeth. But no one nation can reduce armaments unless all do. Isn't it, then, time for an awakening among enlightened peoples to the end that the leading powers may reach some rational agreement which would not only relieve the world of this terrible financial load, but which in itself would be a long step toward the prevention of war?"

JOHN J. PERSHING.

"Disarmament is the only practical method of limiting war. It is the only means of preserving the world from bankruptcy and civilization from ruin."

MAJ.-GEN. TASKER H. BLISS.

We agree with the foregoing most heartily. We believe in prohibition and the full enforcement of the law. The old soaks will soon pass off the stage and peace and rest will prevail at last. We advocate disarmament to the utmost limit. We urge the cutting down of expenses in every department of the government, and a reduction in the oppressive burden of taxation. Will our Congressmen ever come to see that these things are the imperative demands of the people who are ever pleading for the untrammelled right to life, liberty and the pursuit of happiness? Peace, industrial prosperity, the protection of life and property, are indispensable conditions of happiness.

NOW is the time we would like to take subscriptions to *AMERICAN COOKERY*. Now is the time the earnest housewife can ill afford to be without a reliable culinary publication. We want to be helpful in the way of comfort, health and economy. What are your principal needs? What do you want to find in *AMERICAN COOKERY*? Write us a friendly letter, critical if you please. We will take note of your suggestions and try to make our publication of real worth to you.

THE COOKING STOVE AN ENEMY

ONE of the greatest enemies of health-living is the cooking stove," says Dr. Leonard Williams.

"The probability is that cooking is more deadly to certain vitamins than to certain others," he adds. "This is to be conjectured from the fact that hundreds of people who never eat raw foods at all, nevertheless manage to survive and do useful, vigorous work.

"Vitamins reside in raw foods in the same way that vitality resides in live people and living things. If you eat a raw apple, you eat something which is alive, and you get the benefit of the vitality which it contains.

"The message which modern dietetics has for those who are wise enough to hearken is that the present fashion of cooking all our foods is a very serious mistake. At this time of year, especially, nature provides us with large quantities of fruits and of vegetables which can be eaten as salads, and these are the things for which a taste should be carefully cultivated, especially amongst the young.

MOST of us are conscious that a house has an atmosphere: That is, the habitat of human souls absorbs the character and personality of those who dwell there. Of course, we have been in some houses which are so little *lived in* that they reflect only the hodge-podge of personality inherited from decorators, upholsterers, caretakers, etc. Their atmosphere is chilling. Again, we have entered the simplest cottage, and felt the glow of life as soon as the door was opened to us.

It was our aim and hope to make our first home a *living* place. And during even the first half year of our married life, we were conscious that the little house was growing its own personality — that it was gradually acquiring a certain character which would speak volumes to those who crossed its threshold — we longed for its words to be of life, and hope, and love.

Two principal factors contributed to its personality: The first, the living and the working of its owners; the second the gifts brought to it, and left with it, by its visitors.

During the first month of possession it fell for the most part under the influence of its owners: They were very busy clothing it. Some of its most necessary garments, such as beds, etc., they bought new, and ready-made. But since they were married at the time when furniture had soared to top-notch prices, they spent a great deal of time turning old furniture into new. After a long search, they discovered some second-hand furniture strong in base, but shoddy and hideously ugly in externals. Careful engineering, and good fresh cretonne, which harmonized with the wall-paper and wood-work, produced a settee, and five chairs, useful, comfortable, and attractive in appearance. Then, there were many bookcases, and a great linen chest, made out of a piano box, all of which were replete with the thought, and hopes, and joy of the owners. It was a constant delight to save up, and then buy such luxuries as an afternoon tea-table, electric lamps, arm chairs, and piazza furniture — not to mention a couch hammock, and a fireless cooker!

It was all such fun, that even before we were settled we longed for others to taste the joy of what we found a very perfect little home. So, we decided that if finances would allow, we should have visitors. And, early experiments proved to us that it was possible to entertain simply and sincerely for very little money, if we supplied plenty of thought and planning. Indeed, the first year of our married life, we lived on a little over a hundred dollars a month — and, more than half this sum was eaten up in rent!

And so, guests came to us, and it seemed that each one brought our little home a great magic power which went to the atmosphere we call "home."

One, for instance, during a three-day visit, poured out the inestimable blessing of an understanding courtesy: Another left us the urge of ambition towards a wider life.

Again there came to us the gift of serene happiness: It was borne by a gentle, appreciative octogenarian, whose love of life and human nature manifested itself in an unselfish joy in the genuine happiness of others.

Another gift, dear to the housewife's heart, was brought by a keen appreciation of thrifty, scientific household management (the hidden aim of the housewife!) Though this guest never pried into the secret springs of the house, she gave such real recognition to its fruits, that she spurred the owners to continued and renewed efforts.

And, with all our guests there grew an ever-increasing store of the atmosphere of friendship. So that it became more and more possible for our friends to come to the little house and expand, and give of their best. Now, the atmosphere grows ever richer and fuller of life and of life's experience.

I. T.

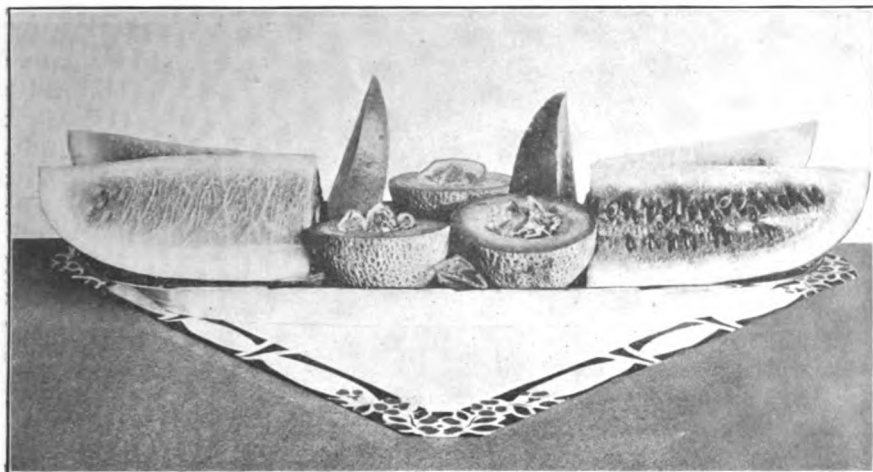
AUGUST

Hazy dawn above dim mountains, slackened
rivers in the plain;
Dusty yarrow by the roadside, purple asters,
clematis;
Windless slopes of upland pasture, dry as rock
beneath the kiss
Of the fervid sun, incarnate, in the Harvest's
golden gain.

Blood-red briars, tipped with sweetness, drooping
from the dusky weight;
Ripened trees, whose leaves hang heavy, waiting
for the tap of frost;
All the air a-shrill with song infinitesimal, soon
lost;
Silence only in the forest, to cool shadow con-
secrate.

Soft nights flooded with the glory of the sum-
mer's last warm moon;
Tender dews that rest, too briefly, on the mellow
hoard of life;
All the rich-cropped land, ripe, peaceful, loosened
from the bonds of strife,
That through all the year have bound it, and will
bind again, full soon.

Katharine Sawin Oakes.



MELONS

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Garspacho, a Spanish Summer Soup

LET stew slowly in one quart of water one hour, one generous quart of fresh tomatoes, peeled and sliced thin, one cucumber, and a small clove of garlic. Add salt and pepper to taste—one teaspoonful of salt and one-fourth a teaspoonful of pepper would make a very light seasoning—also one level tablespoonful of granulated sugar. When sugar is dissolved strain the soup into a tureen, and set it aside to cool. When the soup is thoroughly cooled add a few pieces of ice, and one cup and one-half of thinly sliced cucumbers, sprinkled with pepper, salt, and vinegar, and let chill in the refrigerator an hour. Just before bringing to the table toss into the garspacho one cup of croûtons, which have been sprinkled with tarragon vinegar.

Green Apple Soup

Chop ten sour apples without coring or

paring, and cook in two quarts of water until pulpy. Strain, return liquid to kettle, and thicken with four tablespoonfuls of arrowroot stirred to a paste with four tablespoonfuls of water, and then added to one-half a cup of the apple soup, the whole poured into the kettle and well stirred until the soup boils. Add a dash of white pepper, and two tablespoonfuls of sugar. Just before serving add the juice of one-half a lemon, and garnish with green lettuce leaves cut into small rounds with a vegetable cutter and scattered over the soup like confetti.

Fish Pudding

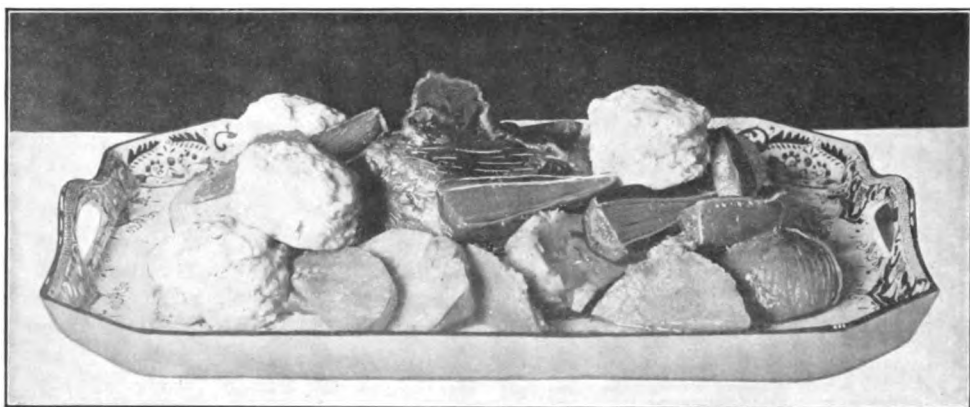
Left-over fish may be used for this dish, or fresh, newly cooked. The fish should be freed from skin, bones and be flaked with a fork. There should be enough of the flakes to fill a tureen bowl, lightly pressed down. Make a soft custard with a pint of milk and the yolks of six eggs. While warm stir in one-fourth a cup of butter, seasoning of salt and pepper, one tablespoonful of Worcester-

shire sauce or of anchovy paste, softened in a little hot water, and two teaspoonfuls of lemon juice. Put the flaked fish in a baking dish and pour the custard over it. Bake until the whole is well cooked.

Dry Stew

Put about three pounds of lamb into two quarts of boiling water. When it is a little more than half done put in some onions, peeled and left whole, or cut in halves; some yellow turnip, sliced; and if liked, three or four parsnips and three or four carrots, peeled and cut in halves lengthwise. About thirty minutes before serving time add some potatoes, peeled

herbs, two or three mushrooms, one bay-leaf, and the grated rind of one-half a lemon. Add one-half a pound, each, of chicken and calves' liver, and cook until these are done. Rub the livers smooth, or put them through the food chopper, and add enough softened butter to bind them to a paste. Season to taste with salt and white pepper, with a little ground cloves and a few grates of nutmeg. Butter thick the inside of a timbale mould, and line it with cold, boiled, macaroni, arranged in honeycomb or any other pattern, and fill the inside with the liver paste, with here and there bits of cold, cooked tongue, cold, cooked chicken



DRY STEW

and cut in halves, lengthwise, salt to taste and a dash of pepper. About fifteen minutes before serving add some dumplings, setting them on the potatoes and being careful that there is not liquor enough in the kettle to touch the dumplings, which should simply steam to be light. To serve this dinner, place the meat in the center of a platter and arrange the vegetables around it as a border. Thicken the liquor left in the kettle and serve it as a gravy. Beef, veal and chicken may be used instead of lamb.

Timbale of Macaroni and Liver

Cook in one pint of slightly salted water one chopped onion, one bunch of sweet

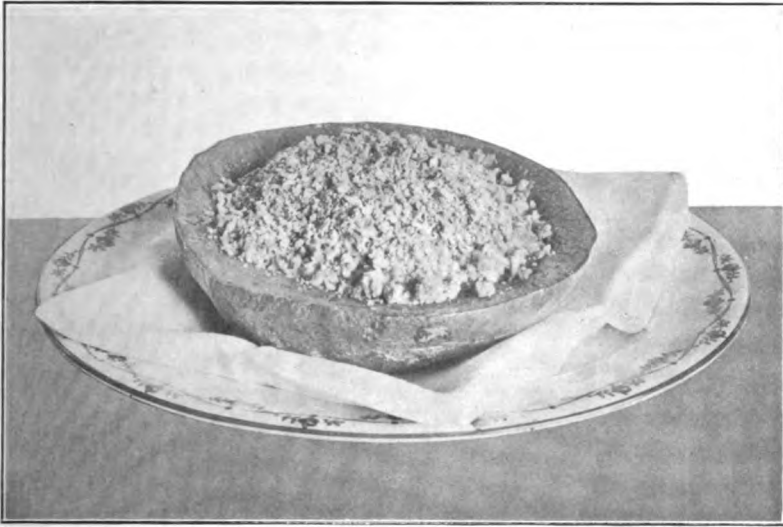
gizzard, and hard-cooked eggs. Cover the mould, and let steam thirty minutes or until hot through. Turn out and serve with fried cucumber rings.

Fried Cucumber Rings

Pare the cucumbers and slice; cut out seeds and centers with a small, circular vegetable cutter and put them in ice water for an hour; then dry, and fry in deep fat like Saratoga potatoes.

French Fried Potatoes

Pare potatoes of uniform size, cut each into quarters, lengthwise, and the quarters into halves or thirds, lengthwise. Let stand several hours in cold water; drain and dry on a cloth. Set to cook in



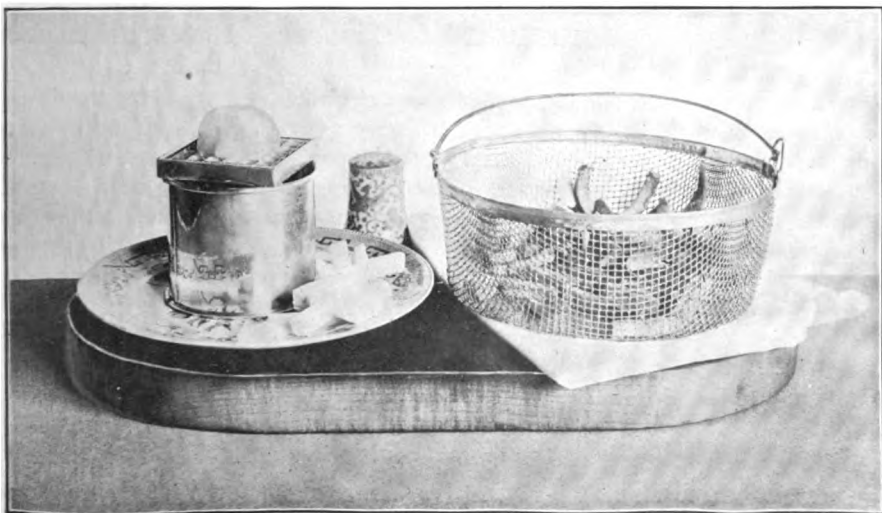
SOUTHERN SUMMER SQUASH, BAKED

hot fat, a few at a time. Use a basket; when soft, turn from the basket on to hot tissue paper. When all are cooked soft, return them, a few at a time, to the reheated fat where they will quickly brown. Drain again on paper, sprinkle with salt and serve at once.

Southern Summer Squash, Baked

Cut squash in halves and let simmer in water ten minutes. Scrape out the interior, leaving the shells, however,

thick enough to handle without breaking. Remove seeds; press all moisture from pulp and add to it the following: to enough squash to serve six persons put one cup of bread or cracker crumbs, one onion, and one tomato, minced fine, a little chopped parsley and two cups of cooked ham, chopped fine, and two tablespoonfuls of butter; mix thoroughly, while adding salt and pepper and one beaten egg. Cook for ten minutes, this mixture in a saucepan, stirring con-



FRENCH FRIED POTATOES

stantly; arrange the shells in a baking pan; fill each; sprinkle with crumbs, mixed with melted butter, and bake until brown. Serve hot.

String Beans Canned in Pressure Cooker

Wash beans thoroughly, cut ends, remove strings and cut as for table. Dip in boiling water for two minutes, using a wire basket. Fill into cans, heat, and add boiling water and one

be substituted. Cut the meats, whatever kind may be used, into small pieces, and mix with one cup of sliced carrots, two cups of potatoes, cut in cubes, and three cups of white turnips, cut in long pieces. Prepare the following sauce. Brown two tablespoonfuls of butter in a stewpan, and when just colored add one-half a pound of fresh pork, cut in small dice. Cook the pork until brown, then add two tablespoonfuls of flour and stir smooth. Add a pint of water; let the



STRING BEANS CANNED IN PRESSURE COOKER

teaspoonful of salt to each quart can of beans. Put on rubber ring and glass top. (Do not secure the top tight until after the cooking is done and the jar removed to cool.) Place on rack in pressure cooker, put on cover and process fifty minutes at 235 deg., eight pounds pressure.

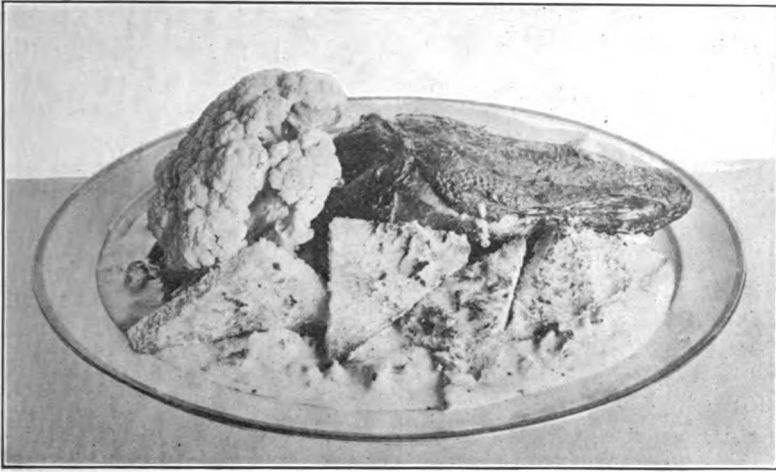
Abatis à la Bourgeoise (ECONOMICAL FRENCH DISH)

Procure one pound of abatis, which means the necks, feet, hearts, livers, gizzards, and tips of wings of chicken or other fowl. If these are unavailable, a pound of veal, or lean beef or mutton may

sauce boil a minute, then put in the abatis with the vegetables, cover close, and let cook at simmering point one hour over gentle heat. Add seasoning of salt and pepper to taste, also a kitchen bouquet; make up liquid that has boiled away, cover close again, and let cook one hour longer. Serve in a deep earthenware dish, garnished with toast points.

Fowl Supreme

Clean and cut up a six-pound fowl, leaving the breast in one piece. Add salt and steam one and one-half hours. Remove breast, leaving the remainder of



FOWL SUPREME

the meat to cook. Place the breast, skin-side up, in a casserole without water, put on cover and let cook one hour; do not remove cover while cooking, as the steam escapes and the flesh is toughened; cut dark meat in cubes and add to a pint of white sauce; place the breast on a serving dish with a head of fresh-cooked cauliflower; surround with sauce and garnish with toast points.

Steamed Mould of Lobster

Chop the meat of one large lobster, or of one pint of canned lobster, and mix with three-fourths a cup of stale bread-crumbs, one-half a cup of cream or rich

milk, one teaspoonful of salt and one-eighth a teaspoonful of cayenne, a tablespoonful of capers, and two slices of salt pork fat, chopped fine. Bind with two beaten eggs. Stir all together until crumbs have absorbed excess of moisture; then pour into a well-greased melon mould, cover, and steam one hour or until firm in center. Unless the crumbs are quite stale, it may be necessary to add more; the consistency of the mixture when poured into the mould should be that of a quite thick batter. Serve with a white sauce flavored with a very little anchovy paste, and mixed with fine-chopped parsley.



MOULD OF LOBSTER, STEAMED

Peach Shortcake

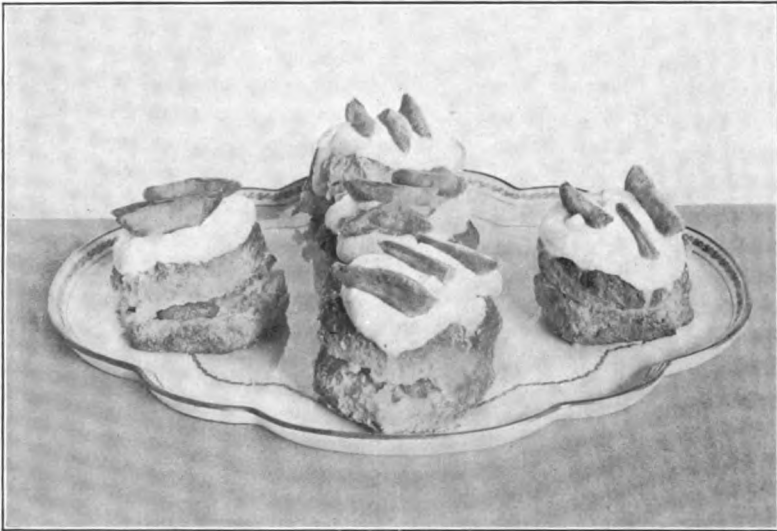
Pass two cups of pastry flour, one-half a teaspoonful of salt, one tablespoonful of sugar, and four level teaspoonfuls of baking powder through a sieve, two or three times; work in two tablespoonfuls of lard and three tablespoonfuls of butter with two knives; add one-half a cup of milk, a little at a time, mixing it in meanwhile with a knife. The dough should be as soft as can be handled.

Turn the dough on a floured board, pat with the rolling pin, and roll into a sheet about three-fourths an inch thick;

make a dough as soft as can be handled, and let rise again until very light. Divide into pieces the size of a small egg; roll flat and thin, and enclose in each the half of a freestone peach. Form into balls by wetting the edges of the dough and pressing together; let rise again, and fry in deep fat at the temperature right for uncooked mixtures. The cooking should be prolonged until the puffs are very well browned. Serve hot with lemon sauce.

Blueberries and Boulettes

Make the boulettes by adding three



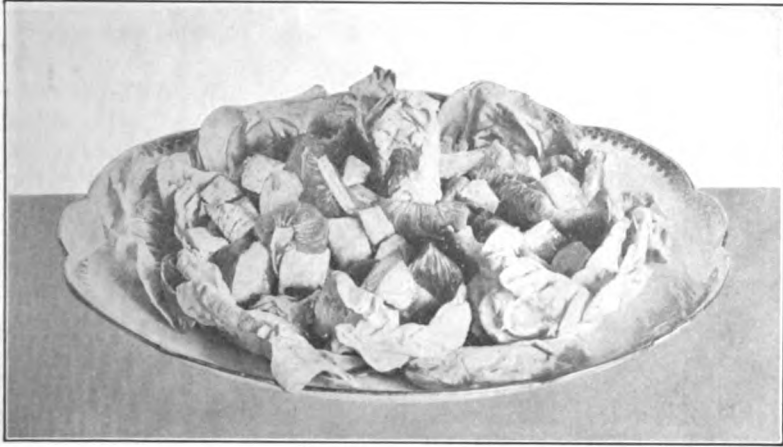
PEACH SHORTCAKE

cut into rounds; bake from fifteen to twenty minutes. Slice six peaches and sprinkle with sugar. Split and butter each shortcake; fill with sliced peaches; place one above another; cover liberally with whipped cream and garnish with peach slices.

Raised Peach Puffs

Make a batter with a pint of flour, a cup of milk, two tablespoonfuls of butter, one-fourth a cup of sugar, and one-half a teaspoonful of salt. When smooth stir into it one-half a yeast cake, blended with a little water. Let rise until light, then beat in two beaten eggs. Add flour to

tablespoonfuls of sour cream to two tablespoonfuls of melted butter, then adding, one at a time, three eggs, beating each well in. Sift three cups of flour with one teaspoonful of salt, and add gradually to the first ingredients until the mixture is the consistency of a soft dough. Have ready three or four quarts of rapidly boiling water, and in this cook the boulettes by dropping in a small spoonful at a time of the mixture, and letting it remain until it rises to the surface. Put them into a hot dish, lay pieces of butter over, and heap the dish with blueberries and sugar. Any other berries may be used.



FRUIT SALAD

Fruit Salad

Prepare two cups of watermelon and two cups of cantaloupe by cutting in inch-cubes; add one cup of sliced peaches, and mix thoroughly, using a silver fork; let chill, and arrange on lettuce leaves; add French dressing and serve at once.

Raisin Puffs

Beat two eggs, add one-third a cup of softened butter, two teaspoonfuls of sugar, and a little salt. Next add two cups of flour that has been sifted with three teaspoonfuls of baking powder; then one cup of chopped raisins, and beat this all together. Lastly, add one cup and one-fourth of milk. Beat the mixture again. Steam it thirty minutes in cups or in baking powder cans. This quan-

tity is enough for six one-pound cans. Serve hot with foamy sauce.

Foamy Sauce

Beat one egg and one cup of sugar together. Add a piece of butter the size of an egg to one-third a cup of scalded milk. Pour this over the beaten egg and sugar and beat it until it foams. Flavor it with vanilla.

Pineapple Punch

To two cups of boiling water add four cups of sugar, and cook without stirring until the syrup threads. Remove from fire, and add two fresh, grated pineapples. Let cool slightly; add the juice of six lemons, and let the whole stand overnight. Strain before serving; pour over a block of ice in the punch bowl, and



RAISIN PUFFS, FOAMY SAUCE



MARGUERITES

add one quart of Apollinaris, or of plain water.

The pineapple pulp may be added to an orange or apple marmalade.

Marguerites

Boil one cup of sugar and half a cup of water until it registers 240 deg. Fahr. on the sugar thermometer (or until it makes a thread two inches long). Remove to back of range and drop in five marshmallows, cut in pieces. Let stand to dissolve, then gradually pour on to the whites of two eggs, beaten until stiff.

Add two tablespoonfuls of shredded cocoanut, one-fourth a teaspoonful of vanilla and one cup of English walnut meats, broken into bits. Drop by teaspoonfuls on saltines and brown slowly to a delicate tint in a slow oven. This quantity will require four dozen crackers.

Melon Ice in Melon Shells

Freeze until mushy one quart of water in which two cups of sugar have been boiled for five minutes, then allowed to cool; now add the juice of three lemons. While freezing scrape out the center of four small Jenny Lind melons, press through a colander, and sprinkle with one-half a cup of sugar; let stand awhile, then add to the almost-frozen mixture and complete the freezing. At the same time that the melon is added a little spinach juice may, also, be added, for coloring. Serve the mixture in the scraped-out melon shells. Flowers may be used in decorating this dish, as shown in our illustration.



MELON ICE IN MELON SHELLS

Pears in Grape Juice

Boil together two quarts of grape juice and two pounds of sugar until thick and syrupy — the mixture will probably be reduced one-half by this time — and add enough fine, ripe pears, pared, cored, and cut in quarters, to fill the kettle until they are barely covered with the syrup. Continue cooking until the pears are perfectly soft, and the whole quantity is greatly reduced in bulk. Fill into sterile jars, put on lids without clamping, and put into a hot oven set on layers of paper on the rack of a baking pan. Allow to remain in the oven until the fire has gone out and the oven is cooled off. Then clamp the jars secure, and store as for any preserves.

Pear-and-Quince Preserve

Pare and core six pounds of pears and three pounds of quinces. Squeeze over the fruit, after paring, the juice of two or three lemons, to keep it from turning dark. Stew down the cores and parings in water to cover until soft; strain them out, slice the fruit and add to the water, increasing the quantity almost to cover the fruit. Cook until soft; mash with a wooden pestle until smooth, then add five to six pounds of sugar and the grated yellow rind of the three lemons with any juice left over. Continue cooking an hour longer, stirring carefully to keep from burning, and testing a little, from time to time, until it jellies when cold. Immediately fill into small jars, and when cold cover with melted paraffin.

Orange-and-Raspberry Nectar

Squeeze the juice from six oranges, and mix with the pressed-out juice from a pint of canned or preserved raspberries. Add one cup of sugar, and dissolve in the fruit juices, applying gentle heat to aid the solution, but being careful not to allow the mixture to get very hot. Grate the yellow rind of one-half the orange skins, and cook in a pint of water, allow-

ing it to boil for a few minutes. Strain, cool, and add liquid to the orange and raspberry juice. When cold set in refrigerator until needed, then dilute with an equal volume of ice water, fill tall glasses half-full; add ginger ale to complete each serving, garnish with a few fresh raspberries, and put straws or muddlers in the glasses.

Gooseberry Chutney

Cut heads and tails from two quarts of green gooseberries, they are better if not quite-ripe, and cook to boiling in one quart of vinegar. Allow to cool, and add, one by one, with careful stirring the following ingredients: Two cups of sugar boiled to a syrup with two cups of vinegar; two cups of salt; one-half a pound of onions and three-fourths a pound of garlic, chopped fine; one pound of powdered ginger; one-half a pound of red peppers, chopped, one pound of seeded raisins; one pound of mustard seed, crushed; add enough extra vinegar to make the right consistency, and stir the whole thoroughly until the chutney is smooth. Put away in wide-mouthed bottles and seal.

Cakes for School Lunch-Box

Dissolve in one cup of warm milk one-half a cup of sugar, and one teaspoonful of salt, then add one compressed yeast cake, blended with a little water, and flour enough to make a batter — one cup should be sufficient. Place in a warm place to rise; and when well risen add in the order given, one-half a cup of softened butter or other shortening, one well-beaten egg, one cup of seeded raisins, a little candied citron, one teaspoonful of ground cinnamon, and enough flour to knead, which should be from one cup and one-half to two cups. Shape into oblong rolls; let rise again until light, and bake. One or more of these may be slipped into the lunch-box for school or travel, either plain, or cut open and any good sandwich filling inserted.

Seasonable Menus for Week in August

SUNDAY

Breakfast	
Cantaloupe	
Corn Flakes, Top Milk	
Fish Balls of Salmon and Potato	
Buttered Toast	Coffee
Dinner	
Planked Chicken	
Sweet Potatoes	Green Corn
Tomato-and-Cress Salad	
Maple Sugar Ice Cream	Sponge Cake
Luncheon	
Steamed Clams	Crackers
Warmed Graham Muffins	
Blueberries and Cream	Orangeade

MONDAY

Breakfast	
Farina with Chopped Dates and Milk	
Scrambled Eggs with Steamed Potatoes	
Bread Pancakes	Maple Syrup
	Coffee
Luncheon	
Purée of Carrots	
Wholewheat Bread Sticks	
Thin-Sliced Virginia Ham	Coleslaw
Fig Sandwiches	Tea
Dinner	
Veal Steaks, Raisin Sauce	
Mashed Potatoes	Spizach
Hard-cooked Egg-and-Apple Salad	
Steamed Fruit Pudding, Lemon Sauce	
Milk	Coffee

TUESDAY

Breakfast	
Watermelon	
Shredded Wheat, Hot Milk	
Fish-and-Potato Hash	
Coffee Cake	Coffee
Luncheon	
Spanish Omelet	
Escaloped Macaroni and Tomato	
Blueberry Corn Cake	
Tea Punch	
Dinner	
Roast Lamb, Sorrel Sauce	
Savory Rice Timbales	Green Peas
Raspberry Jelly, Cream	
Almond Jumbles	Coffee

SATURDAY

Breakfast	
Stewed Blueberries	
Cream of Wheat, Top Milk	
Fritadella, Potato and Liver	
Graham Pancakes	Coffee

Luncheon	
Eggs Benedict,	
Hollandaise Sauce	
Italian Vermicelli	
Lettuce-and-Apple Salad	
Oatmeal Macaroons	
Milk or Tea	

Dinner	
Shepherd's Pie	
Escaloped Cabbage with Tomato	
Compote of Duchesse Apples	
Sponge Fingers	Coffee

WEDNESDAY

Breakfast	
Apple Sauce with Puffed Wheat	
Small Sausages	Baked Potato
Cream Toast	Coffee
Luncheon	
Cucumber Cream Soup	
Scrambled Calves' Brains with Eggs	
Vegetable Hash	
Wild Strawberry Shortcake	
Iced Tea with Lemon	
Dinner	
Small Leg of Mutton, boiled in Pickle	
Farina Balls	Parsnip Fritters
Endive-and-Apple Salad	
Orange Sherbet	
Coffee	

THURSDAY

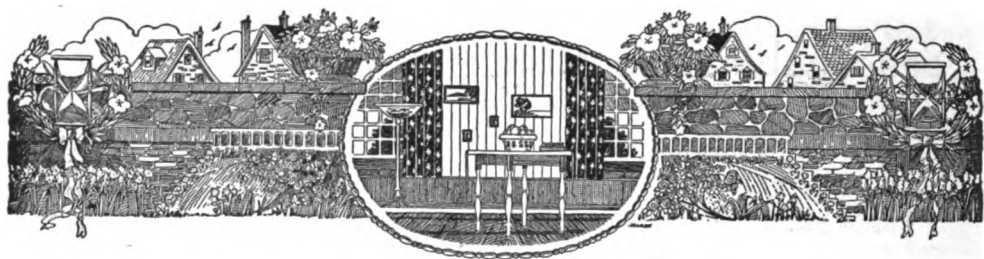
Breakfast	
Rocky Ford Melons	
Gluten Grits with Milk	
Creamed Dried Codfish	
Vienna Rolls	Coffee
Luncheon	
Savory Jellied Meat	
Baked Sweet Potatoes	
Berry Salad	
Steamed Nut Bread	
Cocoa	
Dinner	
Sirloin Steak	Broiled Bananas
Sweet Pickles	
Baked Carrots and Potatoes	
Lemon Meringue Pie	
Coffee	

FRIDAY

Breakfast	
Blackberries	
Cracked Wheat with Light Cream	
Soft-Cooked Eggs	
Rye Meal Gems	
Coffee	
Luncheon	
Jellied Rouillon en Tasse	
Cheese Soufflé	
Orange-and-Escarole Salad	
Parker House Rolls	
Tea	
Dinner	
Cream-of-Spinach Soup	
Salmon Moussalines	
Mashed Potatoes	Tomatoes
Date Cake	Frozen Custard
Coffee	

Seasonable Menus for Week in September

SUNDAY	Breakfast Sliced Peaches Cream of Wheat, Milk Poached Eggs Lettuce Raisin Bread Coffee	Breakfast Casaba Melon Pettijohn and Top Milk Soft-Cooked Eggs Wheat Gems Coffee	WEDNESDAY
	Dinner Mutton Chops with Grape Jelly Sauce Baked Potato Celery Escarole Salad Tutti Frutti Water Ice Macaroons Café Noir	Luncheon Cauliflower-and-Tomato Soup Fish Hash Baked Macaroni Boiled Onions Ripe Pears Currant Buns Cocoa	
	Luncheon Spanish Chocolate Toasted Pilot Crackers, Buttered Baked Apples	Dinner Roast Ribs of Beef, Dish Gravy Mashed Potatoes Boiled Young Turnips Hearts of Lettuce Gooseberry Fool with Cream	
MONDAY	Breakfast Oranges Oatmeal Porridge, Milk Grilled Bacon and Sliced Potatoes Wheat Muffins Coffee	Breakfast Grapes Quaker Oats, Top Milk French Chops Grilled Sweet Potatoes Cream Waffles Coffee	THURSDAY
	Luncheon Celeried Oysters Salad of Oranges-and-Cottage Cheese Graham Toast Tea or Cocoa	Luncheon Brown Stew Creamed Parsnips Swiss Chard Maple Syrup Cake Baked Gravenstein Apples Tea	
	Dinner Planked Meat Hash Steamed Potatoes Cauliflower with Sauce Supreme Fig-and-Apple Pudding Coffee	Dinner Broiled Mutton Cutlets Peach Plum Jelly Boiled Potatoes Butter Beans Snow Pudding Custard Sauce Coffee	
TUESDAY	Breakfast Blackberries with Barley Crystals Broiled Kidneys with Water Cress Raised Muffins Coffee	Breakfast Green Gage Plums Ralston's Breakfast Food, Top Milk Creamed Finnan Haddie Spoon Corn Bread Coffee	FRIDAY
	Luncheon Eggs Poached in Tomatoes Shredded Cabbage-and-Pecan Salad Peach Fanchonettes Cocoa	Luncheon Tomato Omelet Summer Squash Baked Green Corn Junket with Sliced Peaches Hermits Chocolate	
	Dinner Pulled Brook Trout with Lemon Sauce Chives Stewed Cucumbers Riced Potatoes Sweet Cider Gelatine Jelly	Dinner Baked Haddock with Oysters Baked Potatoes Stewed Okra Jellied Apples Graham Nut Cakes Coffee	
SATURDAY	Breakfast Oranges Brown Bread Brewis Light Cream Liver, Bacon, and Potato Sauté Baking Powder Biscuits Coffee	Luncheon Tripe Birds, Tomato Sauce Peas and Potatoes, Stewed in Milk Popovers with Apple Sauce Tea	Dinner Casserole of Veal and Ham Potato Puffs Butter Beans Hot Slaw Creamy Rice Pudding with Raisins Coffee



One-Dish Meals For August

By Florence L. Tucker

FOR the month of August let's do on as little cooking as possible. Not as little food — oh, no! But as far as we can, let us have easily prepared or uncooked food! The one-dish meal is what we want; it gives the feeling of simplifying and cutting down. We can tell ourselves we are eating as people should during the hot weather, and lightening the labor, and all the things we tell ourselves when we would undertake something. And the better to carry it out we will make a sort of schedule the first of the month.

This one month in the year it may be easier than at any other time to get together better on "eats." Every one is a little fagged with the heat and lacking robust appetite. Here is where the house-mother's best gain comes in; she will plan proper meals suited to the person of average digestion, and ask all to share them in the interest of the general good. The meals, simple as they may seem, will have been carefully thought out, and all the necessary constituents provided for; and she will save in planning as in preparation. Just the work of planning three times a day is a burden to be relieved of, which has an inviting look.

The first thing to settle upon is that in our August adventure we shall hearken to the authorities, and rich or difficult diet eschew for the time. The proteins must not be too heavy; too-fat meats, highly seasoned gravies, baked beans, over-rich roasts, whether red or white meat, we shall omit, or at least have but seldom, in favor of the more delicate meats and eggs; winter puddings with their rich

saucés, dried fruits, baked cheese, the many tasty dishes that make up the pleasures of a winter dinner — not one will we remember during this month of summer delights.

Green vegetables and fresh fruits will afford the mineral salts the body demands; and the vitamins in leaves we can have as not at any other time of the year. The vitamins are found especially in fresh leaves, so that raw salads have a value that we used not to realize; so in all the greens — spinach, Swiss chard, beet tops — in them all.

Planning the day's meals is a business requiring, at all seasons, thought and some degree of knowledge. If our family apprehends now that it is going to be put on light diet, and manifests a little distrust, it must understand, at once, that the fifteen different elements of the body which, combined, form hydrocarbons, carbohydrates, proteids and mineral salts, or better recognized as starches, sugars, albumins, fats and mineral salts — all these will be taken care of. The hand that stokes the human engine is, or ought to be, backed by a brain that is on the job, to use man's phrase. When Solomon said, "All the labor of man is for his mouth and yet the appetite is not filled," it sounded mightily like a give-away of the incompetency of his wives; but since custom decreased the number of wives, wisely wisdom has been on the up trend. Food may differ in character from its usual form and appearance and yet "fill the appetite."

A "dish of new milk" would make a perfect breakfast, a one-dish meal. But

we have allowed ourselves the variety that charms the eye as well as the palate—even Dr. Wiley takes with his milk whole-wheat or cornmeal porridge and eggs and fruit. The porridge would seem to fit as nicely into our scheme as into the fireless cooker. But since cooked cereals are winter's standby, suppose we plan mainly without them, by way of change—just for August.

Here is a one-dish breakfast that will please and satisfy. On the platter are placed squares of toast, over which has been poured, sparingly, the essence from breakfast bacon. Our bacon is cooked in the oven on a rack, the essence falling to a dripping pan, and the crisp slices laid on the "flavored" toast. At one end of the platter are heaped tender young carrots fresh from the garden, and a generous handful of young nasturtium leaves—one of the most delicate of the greens for garnishing. Fresh carrots for breakfast make a delicious appetizer, and, as all know, the carrot is chief of the raw foods in value. This dish we will precede by chilled cantaloupe, for fruit is the main feature of the first meal of the day.

It is not easy, of course, to make of breakfast a balanced ration, but what was not included can be had at the evening meal; the day's balance can be spread over the three meals. The best food specialists agree that the fewer the mixtures and different foods eaten at one meal the better. A good breakfast should start the day, when the stomach is rested and ready for its usual fuel allotment. At noon a glass of buttermilk is the only nourishment many business people find they want; with stayers-at-home habit is so strong a light refreshment need be set forth; but fancy table mats, yard flowers and tinkling ice on a hot mid-day are so compensating that sandwiches and a salad prove quite enough.

Salads cannot be overestimated in food value, especially in warm weather when they seem to fill a peculiar need. A raw vegetable or fruit salad is equally good

accompanied by graham bread and butter or toasted crackers. The lettuce and celery used are friendly to the nerves; and no fat, animal or vegetable, is so easily digested as olive oil. Any combination salad for a noon repast may be sufficiently hearty for hot weather.

Vegetables twice a day is the rule laid down. Spinach and eggs will be a good main dish for the late meal. And while we shall be tempted, remembering that this is the principal meal of the day, to humor the whims of our different eaters, as at other times, let us hold out for the short menu without exception, merely seeing to it that a sufficient quantity, as well as the right elements, be provided.

Canned goods, while the luxury of winter, are but a second best for summer. A hot dish of canned tomatoes on the table in August is a confession of inefficiency or ignorance. The fresh tomato being one of nature's best medicines, not to use it straight from the vine, or, if cooked tomatoes be wished, fresh cooked—not to use it in preference to canned is unforgivable.

Spinach when fresh is exquisite in its delicacy, but it can so seldom be had, or at such exorbitant price, that here is one article we are thankful to have canned. A good brand, long aerated before cooking, is so fine that no fault can be found. For our one-dish meal we will drain off the liquor (to be used for a little broth for whoever may be ailing), and heat the spinach thoroughly in the oven. A proper amount of butter—no salt—is all that is needed. Sometimes, perhaps, a very little salt. The dish will be served warm—moulded into shape, sprinkled over with a little fine-grated cheese, and surrounded with rings of hard-boiled eggs, and this in turn with slices of lemon; a good dressing for those who like, furnishing the fat. Bread and butter and iced tea with cup custard for the sweet will round out a satisfying meal.

When possible let us serve fresh fruit for the dessert; but fresh fruits are acid,

spinach is acid; so, the custards would be preferred at this meal.

Nothing makes more for the pleasure of summer than having meals in the open. Dinner near sunset on the porch or under the trees in the yard is a different affair from the usual meal in the house by electric light. And it is naturally not a hot meal; though the fireless cooker is such an accommodating helper that the food can be just as you want it.

An acceptable hot one-dish meal for the early out-of-door dinner will be young chicken and rice. The rice fills the middle of the platter; on it the disjointed chicken and gravy, while around is a ring of raw tomatoes, cut lengthwise, and outside this a fringe of parsley. Parsley is more and more esteemed, but must be gathered young. The coarse parsley, sold in most of the markets, is an abomination. To get it young and tender is what we must do, for raw greens in variety are insisted upon. And parsley is one of the most valued since the days of the ancients. Sliced peaches with thin bread and butter go well after this dish.

Where the one-dish platter comes with compartments, the arrangement determines itself. Few housewives have these as yet, but even the usual platter may be made very attractive. For instance, with our lamb roast we will serve the peas in potato cups — mashed potato shaped into balls and then hollowed to hold a spoonful of French peas.

Water cress is preferred with lamb. And raw tomatoes. For when they can be used — and when is it they cannot? — they are in their place in one form of garnish or another. The red fruit glorifies a dish, but it is not for the garnish first that we want it, but for the vegetable calomel it contains. Water cress, too, has its meaning; its sulphur keeps the blood pure.

Tomatoes stuffed and baked and ranged about the cold sliced beef, when its day comes round, make an attractive effect. The potatoes we will cut in

fingers and bake in preference to the French fried, utilizing the oven heat for as many things as may be. Potatoes help to maintain the alkalinity of the blood, and offset the acid-forming tendencies of meat; besides, in the potato we get 80 per cent of water; so, with our meat dishes potatoes are an essential part. Parsley goes better with beef.

The impression seems to be too general that, in order to have the proper amount of protein, we must have daily meat or eggs. But no — peas or beans may occasionally supply what is needed. String beans make a highly favored one-dish meal accompanied by new potatoes boiled in the jacket, skinned and dipped in butter, raw tomatoes, and young onions that act as a stimulant upon the digestive juices.

Our one-dish meal is never complete until followed by fruit or dessert of some kind. Whenever possible we will have fresh fruit; when there is nothing for change we will go back and have the same things over again. Peaches twice a day seldom lose in popularity, and fresh pineapple is generally to be had. Pears, stewed or baked, are excellent, and have their flavor greatly enhanced by the addition of one quince to, say, a quart of pears.

Egg omelet with summer apples panned and sprinkled with sugar and garnished with nasturtium leaves makes a lovely breakfast.

Lamb chops, baked potatoes (the skins must be eaten to miss none of the potassium salts), sliced tomatoes and water cress will prove a good breakfast for the day that string beans are planned for the evening; with grapes for fruit.

Shirred eggs, broiled tomatoes and parsley are liked after stewed pears, with bran cookies, heated and buttered. Stewed pears for breakfast and baked pears for dinner — taste will order that.

As the days succeed each other, it may be found that, however we have planned, we may be able to make occasional changes in favor of raw food. An oppor-

tunity like this we will not neglect; for the value of food is in proportion to the amount and kind of electricity it affords, and raw food supplies best the electrical vitality because of the organic salts.

The spirit with which we undertake

and pursue a quest—not the quest itself—determines its success. And nothing so inspires as enthusiasm. Our August one-dish meal adventure may be the most interesting experience of the summer, if we but make it so!

Jelly In General

By Grace McKinstry

POOOR Mrs. Allen, what a shame she is ill!" exclaims your aunt, full of sympathy, and she at once bustles off to wrap up a glass of her delicious quince jelly to send Mrs. Allen. As you watch her, the association between illness and jelly grows stronger in your mind, probably becoming as fixed as the diverting connection between small boys and jam. You think of the currant jelly sent you so often during your convalescence from measles, long ago; above all, you remember the surprise and delight of that lovely pink delicacy that Mrs. Caldwell used to send over in a sherbet cup—white of egg and currant jelly beaten up to the rosy lightness of a cloud at dawn. You remember how often you have read in "Cranford" about Mrs. Forrester's bread-jelly, which she so loved to send to the sick:

"A present of this bread-jelly was the highest mark of favor Mrs. Forrester could confer. Miss Pole had once asked her for the recipe, but she had met with a very decided rebuff; that lady told her that she could not part with it to any one during her life, and that after her death it was bequeathed, as her executors would find, to Miss Matty."

But if you happen to be lunching, nowadays, at the various restaurants, pastry-shops or soda fountains in New Orleans (or in other cities, for that matter) you will be convinced that jelly is no longer intended mainly for the sick-room, or for the finishing touch to a dinner—pretty and appetizing, but unimportant. Consider jelly doughnuts, for instance.

They haven't been with us quite as long as the ice-cream cone, but they are found everywhere. Big, round, solid—twice as large as an apple, not particularly tender when they don't happen to be fresh, they are as far from an invalid's lunch as one can imagine. In the middle of your doughnut is a tablespoonful of very bright red jelly—the important feature, of course. And only five cents;—a lunch in itself! If you don't happen to "feel fur" a doughnut, however, and begin to read over the list of sandwiches at the back of the soda fountain, very likely you will find "Jelly Sandwiches" listed, and you will choose them in place of ham or cheese, because they seem "so like home."

The number of cake-shops in this, and other cities, since the war, is simply amazing. Our sugar-fast must have made us cake-hungry, for all of the pastry shops do a thriving business, while, at the same time, housewives are resuming fine cake-making. Just a few years ago, Americans seemed to have decided that it looked "countrified" to serve cake, excepting at weddings, or very special occasions. They served sweet wafers with ice cream, and grew mirthful over the recollections of their aunts and grandmothers who thought it the proper thing to have four or five kinds of frosted cake for supper the night the new minister was there. The layer cakes seemed particularly unnecessary—the jelly cakes of many exceedingly thin layers and elaborate frosting, on a tall cake stand. And now, behold, the jelly cake is once more

among us, in the pastry shops and in the homes, and is welcomed with much joy! It always was the favorite cake of the "men folks," for it wasn't sickishly sweet.

And the jelly roll! That, before the war, was a rather commonplace, cheap cake that we occasionally brought home from the bakers', paying ten or fifteen cents for it. Now it has grown smaller, finer, more delicate and attractive in every way.* It stands among the French pastries in all the New Orleans restaurants, and you have to pay ten cents a slice for it. The outside is covered with some thin white or pink frosting, with, perhaps, some cocoanut in it, and the little slice is very dainty, but it really does seem expensive. If one wants jelly tarts, instead, there are any number of puff-paste, jelly-filled rounds, squares, triangles and oblongs in the glass case, and it is the jelly that makes them so attractive and desirable; what would the baker do without it?

You eat jelly-omelets, at times, and you, occasionally, have a rice pudding whose meringue is enlivened with red jelly dots; once in a while you have

French pancakes, delicate and delicious, rolled up with powdered sugar and jelly. Did you ever eat jelly blintzen? Not in New Orleans, perhaps, but surely in New York, for the dish is Jewish. Blintzen are oftenest made with cottage cheese, but many restaurants make them with jelly, as a variation. In appearance, they are like French pancakes, but their texture is more like fritter batter. Three nice, hot, jelly blintzen for fifteen cents or so makes pretty nearly a lunch; just try them some time, if you haven't yet.

So, jelly has come out into the world of men most decidedly during the past year. Christmas saw any number of perfectly well, husky people receiving from their friends glasses of quince, currant, crab-apple or raspberry jelly with a frolicsome verse enlivening the paper over the top. A very suitable gift; something that has the home-touch, and doesn't make the recipient feel a sense of obligation, any more than a box of candy would. Tell your aunt this, for she has more of her delicious quince jelly, like Mrs. Allen's glass, and it will help solve some Christmas problems.

A Guest at Dusk

In quiet eves the stars will bring
 Their ancient sense of peace to earth;
 On hedges where the roses cling,
 The dew will come to crystal birth.

Then down the highway of the dusk,
 One dream shall come with happy feet,
 And at a doorway patient stand,
 And words as old as earth repeat.

And will you greet her tenderly,
 And bid her enter as a friend
 For long awaited, to remain
 'Till years and life itself have end?

Ah, waiting heart, if in the dusk
 A Dream comes softly to your door,
 Throw wide the latch, remembering
 That Love denied may come no more!

Arthur Wallace Peach.

The Pungent Mint

MINT as a flavoring fills a very inconspicuous place in the menus of many cooks. Mint sauce with lamb, a sprig of mint in the iced-tea glass and the possibilities of mint are exhausted.

A little search will, however, disclose a number of delightful uses for this piquant flavor, the secret of whose use, especially in desserts, is moderation. If the extract is used, only a few drops are required. If leaves are at hand, one should not be tempted by their abundance to use too large a bunch.

In selecting mint leaves one should, of course, be able to distinguish between the two commonly used varieties, peppermint and spearmint. For any one with a moderately sensitive palate, the test of taste is sure. But there are uncritical persons to whom mint is mint and they should know that the peppermint plant has a purplish stem and the spearmint a green one.

In the following recipes the commercial extract, as well as the mint leaves, is used.

Mint Sauce

1 bunch or 12 stalks of mint (usually spearmint)	1 tablespoonful sugar ½ cup vinegar
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Wash the leaves and chop them very fine. Add the sugar and stir it thoroughly into the leaves. Add the vinegar, cover and allow to stand for an hour.

Mint Jelly

Mint jelly may be made by adding a few drops of extract of peppermint to either apple or plum jelly, after the jelly is taken from the fire. The exact amount of extract used will depend upon its strength. Usually from three to five drops will be sufficient for a pint of jelly. Attempts to make mint jelly from fruits which are more acid than apples or plums

are less successful. The excessive sourness seems to kill the mint flavor.

Chocolate Mint Blancmange

6 teaspoonfuls gelatine ½ cup cold water 3 ounces grated chocolate or 5 tablespoonfuls cocoa	1 quart sweet milk 1 cup sugar Pinch of salt
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Soak the gelatine in the cold water five minutes; bring the milk to a boil, then add the sugar and chocolate (or cocoa) and salt. Add this to the dissolved gelatine, stirring constantly. When partially cooled, add three or four drops of extract of peppermint. Mould and serve cold with sweetened whipped cream.

Mint Sherbet

2 lemons 1 pound sugar 1 quart boiling water	Leaves from 20 stalks of peppermint
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Over the grated rinds of the lemons pour the boiling water. Cover tight and allow to stand ten minutes. Add sugar, lemon juice and leaves pounded to a pulp. Strain, cool and freeze.

Turkish Mint Paste

3 tablespoonfuls gelatine 2 cups granulated sugar	2 tablespoonfuls lemon juice Few drops peppermint extract ½ cup water
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Pour the water over the gelatine and let stand until the gelatine is dissolved. Put the sugar and water into a kettle and stir until it commences to boil. Add the gelatine and cook to 222 deg. Remove from the fire, add the lemon and mint and enough green coloring to tint it delicately. Pour into unbuttered pan and leave until cold and firm. Remove it from the pan by loosening it with the point of a knife and then gently pulling it to a paper covered with XXXX sugar. Cut into squares and roll each one in XXXX sugar.

E. K. C.



Home Ideas and Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Saving

A PENNY saved is a penny earned." Many's the time I have said that, and many's the time I have heard my mother and my grandmother say the same before me. But my daughter flung out at me: "But how's one going to *save*, Mother? Save! Save! It's easy to say, but it's another thing to do. Save, dad—" she swung round to her father—"how's a body going to do it with a house and a husband and a baby to keep going?"

I looked at Maud, and could hardly believe I was grandmother. Maud didn't seem a day older than when she majored in Household Economics. But her dad just looked up and said:

"The only way to save is to *save*."

Then he went back to his book, something about the "Economic Evolution of the Individual." Maud looked at me. Dad's explanation had not been very enlightening. "Mother, *how* did you do it, you and dad," she asked, "how did you get ahead?"

I thought back—when dad and I were married we hadn't anything, and we were some hundred dollars in debt, and our income wasn't any more than the average.

"Did you have any special device—drop nickels in a savings bank, or—oh, *anything*?" persisted Maud.

"Why, Maud—" I puzzled, "I don't believe there's anything tellable to it, the way your dad and I did. We just—just *got along on what we had*. It is wonderful—how well one can get along on what one has—if one tries *hard*

enough. We did without a lot of things—but I don't know's we've ever gone hungry—or shabby. It took a lot of planning, a lot of scheming, but we did it. Got along on what we had. And when our income didn't cover all the things we wanted, we went without. Going without is good discipline, daughter."

"Humph!" said Maud.

"And it pays, in the end, to put away a few pennies out of every dollar—even if it means made-over suits and mush-and-milk for supper. . . . And pennies count up pretty fast; that's the way your pa and I paid for this new bungalow—with the pennies we didn't spend. The pennies we began saving when you were a baby. . . . And, daughter, seems to me you've turned out just as well—grown up as healthy and married as happily—as if you'd had embroidered bibs and a silk-lined baby buggy. Just as well as if—"

By the time I finished talking Maud was looking over the landscape, such as we can see from our kitchen window, rather dreamily.

"Well," she said, "if you and dad could do it, John and I ought to. Conditions are different," she dimpled, "but I hope I've inherited some brains from my parents; I'm going to use them. I'm sure I can study out this problem in economy—and I guess I won't buy that new voile waist; I don't need it anyhow. Not really. And the best parts of those discarded gingham dresses will make baby some splendid rompers. And John said he knew I could make him some shirts—buying the collar bands as one can—

and save half. I'm glad I'm handy with a needle — thanks to you, Mother. . . . And I know more simple suppers would be better for our digestions. Besides —"

When daughter rose to go she called out whimsically to her dad, "I guess you're right, dadum; the only way to save is to *save!*"

I. R. F.

* * *

The Road to Health

IN talking of scientific cookery, a celebrated chef said that the Secret of Success consisted in the knowledge of the mutual influence of the ingredients, and the judicious management of heat. The addition of a little chopped parsley will make a delicious dish of a boiled breast of veal, while just a little too much parsley will make this nourishing and economical dish positively unpleasant to the taste. Too much salt with anything sweet is nauseous, a generous pinch of salt being all that is necessary when baking a cake.

To Boil A Breast of Veal

Put from two to three pounds of the thick part of the breast of veal in salt and water for fifteen minutes and then wash in clear water. Pour over enough hot water to cover the meat in the saucepan; let come to the boil, skim, and then add six peppercorns and a half teaspoonful of salt. Let simmer gently one hour and a half. Now comes the judicious management of the heat, for if allowed to boil hard, the meat will be tough and indigestible. Mix a tablespoonful of flour with a little water and a teacup of gravy from the veal, putting a pinch of salt and a dash of pepper in the flour before mixing. Put the meat on a hot platter. Then pour the thickening into the saucepan. Stir and boil ten minutes to cook the flour; add a teaspoonful of chopped parsley and pour over the meat. Serve with plain boiled potatoes, mashed white turnips, and red currant jelly. This dish will be equal to a boiled fowl and far more economical.

To Fry Bacon

Use a thick, or what is called a well-seasoned, frying pan. Put the slices of bacon in the cold pan and set over a slow fire until cooked, pour off the fat and set aside, not mixing it with other frying fats, for it is best kept separate for cooking eggs and frying slices of graham bread. Put some of the slices of bacon back into the pan to crisp, for those who like it that way, and toss about.

To Bake A Madeira Cake

Put the yolks of two eggs into a mixing bowl, then with a wooden spoon beat in a cup of sugar and half a cup of butter. Add two cups of well-sifted flour, with a heaping teaspoonful of baking powder in it, then half a cup of sweet cream and a grating of nutmeg, beating all the time. Last of all, fold in the well-beaten whites of the eggs. Line a round cake tin with greased paper, pour in the cake mixture, placing a large slice of candied citron on the top. Bake an hour and a quarter in a moderate oven, lowering the heat after the cake has risen.

I. A. G.

* * *

The Lost Word

ONE word was lost from our vocabulary during the war; the word "renovate." It was a word in frequent use in other days. Later we forgot it, poked it out of sight, ignored it, just as long as we could.

There came a time when peeling paint and dusky shades fairly shouted at us; the word came back like a giant of wrath grown unexpectedly menacing through long neglect.

"Painters receive a dollar an hour," we said, facing truth.

"It is an awfully big house, measured in hours!"

"Don't! I'm thinking."

The result of thought was the conclusion,

"We can't afford to have it done."

Simultaneously we reached a decision;

it was a wonderful decision, indeed.

Somewhere on the way we had absorbed and sheltered an idea handed down from the Middle Ages, that increasing years meant increasing peace and freedom from care. We had rested in that comfortable fiction.

"Now," I said accusingly, thinking of paint, "I have known you to spend all the morning on the golf links without fatigue —"

"Well, and you can work harder in an hour trying to reduce —"

We fairly shouted our decision,

"Let's do it ourselves!" And we did.

The old myth that life at any stage means a lessening of effort exploded into a thousand pieces; the privilege of age came to mean a renewal of youth.

There were lame days, and discouraged days, and delightful picnics at the end of tired days; but you should see the house! Newly painted woodwork led to new shades. Sitting down at the end of the week to figure our savings at one dollar an hour, we found that we could have new draperies, too. We discovered wonderful cretonne at prices that we had supposed extinct, and created new effects that drew rounds of applause from the Coming Generation. We took courage of experience and shouldered life again — not exactly where we left off when the war struck us, but a little higher up.

A. B. S.

* * *

Making Use of the Left-Overs Stale Bread

IN almost every household are housewives confronted with the problem of preventing waste. Stale bread accumulates so rapidly that it is a source of worry to many who wish to be economical. In a large number of families it is easily and heedlessly disposed of by throwing it away. A little care is all that is necessary for the intelligent housewife to conquer this wasteful habit.

Run the stale bread through a food chopper. The crumbs may then be put

into a glass jar to be kept until needed. There are innumerable uses for these crumbs. They may be used in escalloped dishes, for rolling foods in before frying, for "dressing," etc. Most housekeepers are familiar with these more common uses, but here are given several recipes for special uses.

Tip-Top Omelet

3 eggs		$\frac{1}{2}$ cup milk
1 cup bread crumbs		1 tablespoonful butter
Seasoning to taste		

Boil the milk; add butter and mix with crumbs. Add seasoning and yolks of the eggs, well beaten. Stir in slowly the whites of the eggs, stiff-beaten. Brown in frying pan in melted butter.

Brown Bread

2 cups stale bread		2 teaspoonfuls salt
crumbs		$3\frac{1}{2}$ teaspoonfuls soda
$1\frac{1}{2}$ pints cold water		$1\frac{1}{2}$ cups cold water
$1\frac{1}{4}$ cups molasses		
$1\frac{1}{2}$ cups, each, of gra-		
ham flour, cornmeal,		
and rye meal		

Soak bread crumbs in the pint and a half of cold water over night. Rub through a sieve and add molasses and other ingredients as named. Steam three hours.

Ham Patties

2 cups cold, cooked		3 cups bread crumbs
ham, chopped fine		Enough sweet milk to
3 eggs		make a soft batter

Mix well; drop into gem pans, put small piece of butter on each, and bake till brown.

Pimiento-and-Cheese Roast

3 pimientos		2 cups lima beans
$\frac{1}{2}$ pound cream cheese		(cooked)
Bread crumbs		

Put pimientos, cheese, and beans through chopper. Mix well, add enough bread crumbs to form into a roll. Bake twenty minutes. Baste frequently with water and butter. Serve with bacon gravy or tomato sauce. Good for a hearty meal.

Nut Loaf

1 cup chopped nuts	1 teaspoonful mushroom ketchup
2 cups bread crumbs	½ teaspoonful onion juice
½ cup hot water	1½ teaspoonfuls salt
½ cup melted butter	½ teaspoonful pepper
1 egg, well beaten	

Mix ingredients as named. Bake one hour in moderate oven, covered for the first half-hour. Baste occasionally with melted butter. Serve hot with brown sauce.

K. MAC D.

* * *

Meat and Fish Comparison As a Food

MEAT is the general term applied to the parts of animals used for food. It includes the muscular flesh, sinews, fat, heart, liver, stomach, sweetbreads, brain and tongue. Meat is one of the nitrogenous foods and is made up of four elements, nitrogen, carbon, hydrogen and oxygen, combined with some mineral matter and a large percentage of water. Fish is similar to meat in composition and belongs to the nitrogenous class of foods. The strength-giving substances are the same as in meat, albumin, myosin, and fibrin. They are made up of the four elements, nitrogen, hydrogen, oxygen, and carbon. The cooking temperature is the same as for meat and eggs, 160 deg. F. to 180 deg. F. Fish, on account of its abundance, cheapness and wholesomeness is invaluable as an article of food. It is less nutritious and less stimulating than meat, because it contains less solid matter and more water. As it contains little fat it is easily digested, the white varieties particularly, and having a large proportion of nitrogenous material, it is especially useful to those upon whom there are demands for nervous energy. The idea that fish has special value as a brain food is erroneous. The latest authorities state that there is no evidence to prove that fish is any richer than meat in phosphorus.

Fish is not only nutritious and wholesome as food, but it affords variety so essential in any dietary.

M. D. W.

What to Serve for Breakfast, Luncheon and Dinner

FRUIT may be served at every breakfast, but do not serve acid fruits, like oranges and grapes, when a cereal is served.

Serve plain foods, simply cooked.

Serve home-cooked, coarse cereals with eggs.

Serve baked potatoes with creamed fish.

Serve creamed potatoes with smoked fish and lamb chops.

Serve nuts and dates, or figs, with cereal, in place of meat.

Do not serve elaborate made dishes for breakfast.

Use left-overs for luncheon.

Serve a soup with waffles or griddle cakes. It will be an innovation in some families, for the waffles are even better than at breakfast.

Or serve a made meat dish, a salad, and a dessert.

Serve mayonnaise with egg, meat, fish, or shell fish salads. Also with the more delicate vegetable salads, as tomato, asparagus or celery.

Serve a boiled salad dressing with vegetable salads.

Serve French dressing with all green salads.

Serve plain lemon with all fat fish, as salmon, herring, mackerel — or a green salad with French dressing.

Serve a rich butter sauce or Hollandaise with the white fish, like halibut, haddock and smelts.

Tomatoes may be served with fish in place of lemon.

For dinner serve a clear soup, meat, potatoes, or a starchy vegetable, like rice or hominy, a green vegetable and dessert. Or meat, potatoes, or a substitute, a salad and dessert. Or a cream soup, a made dish of meat and potatoes, and dessert.

With roast meat, serve potatoes mashed, or roasted in the pan with the meat.

With fricasséed meats, serve baked potatoes.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. *AMERICAN COOKERY*, 221 Columbus Ave., Boston, Mass.

QUERY No. 4225. — "Please give me recipes for Angel and Sunshine Cakes. At what temperature should these cakes be baked?"

Angel Cake

Measure one cup of whites of eggs — this will probably call for the whites of eight large, or nine or ten small eggs. Put into a good-sized mixing-bowl, and beat with a Dover beater until foamy. Add three-fourths a teaspoonful of cream of tartar, and continue beating with the Dover beater until the whites are stiff, fine-grained, and when drawn up with the beater will form humps or projections nearly two inches high on the surface of the beaten froth. Fold in, from the bottom up, one cup and one-fourth of the finest granulated sugar, using a spoon-shaped wire beater, but mixing by means of folding, and neither beating nor stirring. Sift one cup of pastry flour with one-fourth a teaspoonful of salt, and fold in similarly to the sugar, adding at the same time one teaspoonful of flavoring. Pour mixture into a tube pan, which is smooth and polished on the inside, and ungreased, and bake at a temperature of from 345 deg. to 400 deg. F. forty minutes, or until cake has completely risen, then increase temperature and complete the baking as quickly as possible.

Success in making angel cake depends largely on the freshness of the eggs, which are best when from one to three days old.

Sunshine Cake

Cream two-thirds a cup of butter with

one cup and one-fourth of sugar. Let this stand while you beat, enough to mix them, the yolks of eight or nine eggs, or the number left after making the Angel Cake. When yolks are mixed; add one teaspoonful of cream of tartar, and continue to beat hard with the Dover beater until the mass is thick and lemon-colored. Add to these the creamed butter and sugar, and beat together. Add alternately two cups and one-half of flour, sifted with one-half a teaspoonful of soda and one teaspoonful of baking powder, and two-thirds a cup of milk. Beat the whole well together, and bake in an ungreased tin at about the same temperature as the angel cake, or a little under, since the yolks of eggs coagulate at a lower temperature than the whites.

Care of Cakes after Baking

In each of the above cases, the tin containing the cake should be inverted on a cake rack when the baking is completed, and allowed to stand in a cool place, but not in a draught, until nearly cold. If by this time the cakes have not become loosened by shrinkage from the tins, a small-bladed knife may be inserted at the point the cake catches, to detach it, and the tin is again inverted.

QUERY No. 4226. — "Will you kindly print a recipe for the Lyonnaise Potatoes served in the Chop Suey restaurants?"

Lyonnaise Potatoes

There is only one correct way to cook Potatoes Lyonnaise, whether or not this

is the one followed in the restaurants you mention. Cook four tablespoonfuls of butter and one small onion, chopped fine, in a large pan until the onion is slightly browned. Add to pan one pint of cold, cooked potatoes, sliced, and cook until they have absorbed the butter and are lightly browned on the outside. Season with salt and pepper when about half-done. When this dish is made in perfection, every slice of the potato is browned, and this is done as quickly as possible and at a high temperature, otherwise the potatoes will be toughened. Sprinkle with fresh-chopped parsley when ready to serve.

QUERY No. 4227. — "In my childhood home in Scotland we used to enjoy Gingered Rhubarb with our desserts of rice. How is this made? Is there any royal road to making Shortbread? When I follow my recipe, the result is a crumbly mass which fails to adhere. I know I have the correct proportions of ingredients."

Gingered Rhubarb

Add to six pounds of rhubarb, cut in one-inch pieces, four pounds of granulated sugar, and let stand overnight in a porcelain saucepan. The sugar should be mixed previously with one ounce of powdered ginger. Next morning heat to boiling, and then cook slowly one hour and one-half. The rhubarb should not be peeled. Two ounces of dry ginger root may be substituted for the powdered ginger, but if this is done, the root should be bruised and tied in cheesecloth. More ginger may be used according to taste.

Points in Making Shortbread

The butter should be exceedingly soft, and the flour warmed. Sometimes one-third of the butter is reserved to melt and use as liquid after the larger portion has been rubbed into the flour. The melting should be done over hot water. The less the bread is kneaded the shorter it will be, unless the weight of butter, used, exceeds one-half the weight of flour — with so large a proportion as this the mixture may be kneaded rather thoroughly. If your bread is not satisfactory

after following these instructions, let us know the proportions and ingredients in your recipe.

QUERY No. 4228. — "Can you let me have a recipe for the Braised Celery served in the Berkeley Hotel, London? Also a recipe for the Jellied Red Cabbage as served in Holland?"

Braised Celery

We never presume to give the recipe for a dish served in a special hotel or restaurant, since every chef has his own methods and often his own special recipes, composed by himself and not given to the public. Hence, we confess ourselves unable to tell you how the braised celery of the London hotel was prepared. But we can give the usual English recipe for this dish.

Trim the tops and the roots from a half-dozen heads of celery, and cook ten minutes in boiling salted water. Remove, and plunge into cold water. Drain and let stand while you prepare the braising pan. Set the lower part of the pan over a hot fire and melt in it one-fourth a cup of butter. When hot add to pan one cup, each, of carrot, turnip, and onion, cut in small pieces and well mixed. Over these lay the celery, cut across once or twice to make portions easy to serve. Cover pan, and continue to cook directly over fire, or in a very hot oven, ten minutes. Then reduce oven temperature to moderate or low, add three cups of rich brown stock, and cook two hours, keeping closely covered. Serve on toast for an entrée, or as a vegetable to accompany roast turkey, especially wild turkey, or any roast meat.

Jellied Red Cabbage

We do not claim that the following is the recipe for the cabbage you have eaten in Holland, but it makes a pretty dish. Drain the vinegar from the cabbage, chop it, and add enough gelatine, previously hydrated and dissolved, to moisten the mass. For a pint of the cabbage, drained from vinegar and well pressed down, there will be needed, at

least, one-eighth a box of any gelatine which furnishes enough per box to make a two-quart mould. Hydrate this in one-fourth a cup of cold water, and dissolve by pouring over it three-fourths a cup of boiling water. Pack the cabbage into a mould; add the dissolved gelatine, but only in sufficient amount to bind the cabbage without floating it. When thoroughly chilled and firm, turn out on a bed of lettuce, and garnish with mayonnaise. Small individual moulds may be used for a winter salad, or the jellied cabbage may be used to accompany cold meat.

QUERY No. 4229. — "Will you repeat, for the benefit of myself and other new subscribers, the recipe issued in December, 1919, for Chocolate Icing that holds its gloss? Also, will you tell me why Soda is used in so many of the recipes for chocolate cake, puddings, and cookies, which appear in *AMERICAN COOKERY*, and where no cream of tartar is mentioned?"

Chocolate Icing that Holds Its Gloss

The one secret of a glossy icing is that it should not be beaten too much before being spread. Spread while still "runny," or if too stiff, smooth with a knife heated in hot water—the water allowed to remain on the knife.

Use of Soda with Chocolate

The use of soda with chocolate is partly for a leaven—since soda alone, being a carbonate, is decomposed by heat with liberation of carbon-dioxide. Where cream of tartar, an acid, is used with the soda, carbon-dioxide is also given off, and there is not the discoloration or the slightly unpleasant taste which is found when soda alone is used. But soda alone may be used where chocolate, spices, molasses, or other ingredients of dark color or pronounced flavor are present, since in such cases the discoloration and the taste produced by the soda are masked by these other ingredients. A second reason for the use of soda is that it tends to make the chocolate smoother, through combination with its fat resulting in a form of saponification. We do not

recommend the use of soda alone as a customary proceeding, but there is small harm to be feared in employing it, occasionally, in dishes for healthy adults.

QUERY No. 4230. — "I should like a recipe for Chocolate Cream Pie."

Chocolate Cream Pie

Dissolve one ounce of scraped chocolate and six tablespoonfuls of sugar in one-half a cup of water; let cook until a smooth syrup. Add this to two cups of rich milk or thin cream, heated to boiling, then stir in quickly the beaten yolks of four eggs or two whole eggs, and let cook like soft custard. Pour into pastry shell, and bake until firm. Spread a meringue over the top, and brown it slightly in the oven. Instead of eggs, the milk may be thickened with flour or cornstarch—six to eight tablespoonfuls of flour or from two to six tablespoonfuls of cornstarch, cooked as for a thick white sauce, and adding the chocolate syrup when done.

QUERY No. 4231. — "I should like recipes for the following: Timbale Cases, Romaine Salad, Escarole Salad, Peach Whip, Fowl in Casserole."

Timbale Cases

Sift three-fourths a cup of flour with one teaspoonful of sugar, and stir into one-half a cup of milk. Beat one egg; strain to remove the "string," and stir into the batter. Lastly, add one tablespoonful of olive oil. Heat the timbale iron in fat at the temperature for uncooked mixtures, or hot enough to brown a small cube of bread in forty seconds. Wipe with a soft cloth, and dip the iron three-fourths of its height into the batter, then immerse in the fat. If the iron is too cold, the batter will not adhere, neither will it remain, if the iron is too hot. A little practice will enable you to do excellent work. Where the batter is too thick, or where salt is used, the timbale shells soften more readily. This also happens where the fat used for frying is soft at ordinary temperatures.

Romaine and Escarole Salads

Romaine is one of the many varieties

3 Hot Weather Books

Mrs. Rorer's Ice Creams, Water Ices, Etc.

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If ever the housewife feels the need of assistance in providing variety for her table, it is during the heated term, when housekeeping becomes much more of an effort, and the lightest duty seems a burdensome task. Here is a book of suggestions for tempting and dainty dishes. There is an abundance of recipes covering Vegetables, Salads, Fish, Shell Fish, Meats, Beef, Mutton, Veal, Poultry, Potting, Eggs, Sandwiches, Sauces, Puddings and Desserts.

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Mrs. Rorer's Canning and Preserving

The only book on the subject worth the name. In it Mrs. Rorer discusses at length the canning and preserving of fruits and vegetables, together with the kindred subjects of Marmalades, Jams, Fruit Butters, Fruit Jellies, Syrups, Catsups, Flavored Vinegars, Powders and Dried Herbs, and Drying and Pickling. The recipes are clearly and simply given, and no failures can occur if directions are followed.

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ARNOLD & COMPANY, 420 Sansom Street, Philadelphia, Pa.

of lettuce, and escarole is a name given to French endive, or the domestic, large-leaved chicory. There is no special recipe for making these into salads; they can be used alone or in combination with tomatoes, fruits, etc., and served with a French or any other dressing.

Peach Whip

Sift enough peaches to make one cup of pulp, sweeten, if fresh, with one-half a cup of sugar, add the unbeaten white of one egg, and beat with Dover beater in a large bowl until the mixture will pile up. Add small pieces of the unsifted fruit to increase the flavor, if desired. Too much beating makes this dish "choky" and dry. Stop as soon as it will pile up in a froth.

Fowl in Casserole

Cut up the fowl as for fricassée, and brown in broiler over clear coals, or in a very hot pan. Place in the casserole, and add enough water to cover, or chicken or veal stock if available; cover close, and cook for two hours in a moderate oven. The length of time to cook depends on the age of the fowl and the toughness.

QUERY No. 4232 — "Will you let me have a good recipe for Brown Bread with Raisins? Also one for three pints or two quarts of Ice Cream?"

Brown Bread with Raisins

We assume that you mean the steamed brown bread. For this you should have one cup, each, of rye meal or flour, yellow corn meal, and Graham flour. Mix with one teaspoonful of salt, and add to a mixture of three-fourths a cup of dark molasses and two cups of nicely clabbered sour milk. Dissolve one teaspoonful of baking soda in one tablespoonful of hot water and add to the batter. Let stand twenty minutes, then add one-half a pound of seeded raisins, pour into well-greased tins until three-fourths full — water-tight, one-pound coffee canisters or baking-powder tins will do — put on the lids, stand the tins on strips of wood or muffin rings or

trivets in a deep kettle; fill with cold water almost to height of batter in the tins, place over fire, and let cook three hours and one-half to four hours, after water begins to boil.

Two Quarts of Ice Cream

One quart and one-half of liquid, including cream, milk, fruit juice or syrup, will expand from the turning of the freezer into about two quarts of ice cream. A more specific recipe is, five cups of thin cream, one cup of strawberry preserve, one-half a cup of sugar. Or three pints of thin cream, one cup and one-half of sugar, flavoring of vanilla to taste. Or three pints of thin white sauce, one cup and one-half of sugar, one cup of crushed and sifted macaroons, vanilla or almond extract. The thing to remember is that a two-quart freezer should be no more than three-fourths full at the beginning of the freezing. It is better to make the required quantity in a larger freezer, to allow for easier turning.

QUERY No. 4233 — "Will you tell me how \$3 per person per week may be spent for food?"

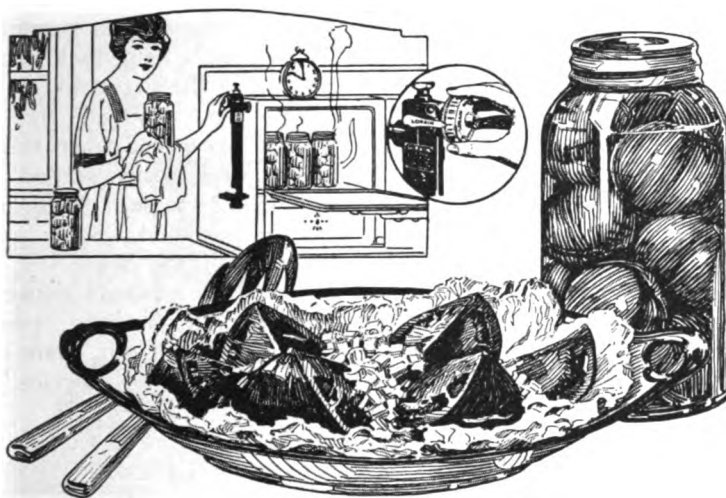
How \$3 Per Capita Per Week May Be Spent for Food

This is a very usual allowance in average families where there is a thrifty manager. The items will vary according to taste and judgment, those we give are only suggestive. The prices are current for April, 1921.

Cereals (Breakfast grains)	\$.07
Butter, $\frac{3}{4}$ lb. at \$.50 per lb.37 $\frac{1}{2}$
Coffee, $\frac{1}{4}$ lb. at \$.32 per lb.08
Flour, 3 lbs. at \$.05 per lb.15
Fruit and vegetables80
Milk, one pint per day at \$.15 per qt. .	.52 $\frac{1}{2}$
Proteins, meat, fish, cheese, eggs, beans82
Sugar, 1 lb. at \$.08 per lb.08

\$2.90

The above quantities yield 2.8 ounces protein and more than 3,000 calories.



Tomatoes Canned This Way Stay Firm Enough To Be Used For Salads Next Winter

IF you are interested in new and better cooking methods, read this recipe. It tells how tomatoes are "put up" the Lorain way—a method of canning that is less time and trouble, and preserves the firmness and fresh taste of all vegetables and fruit better than the old way:

"Peel the tomatoes after loosening the skins in boiling water, pack whole in glass jars to $\frac{1}{2}$ inch from top, add salt at the rate of a teaspoonful to the quart (no water), and partly seal the tops. Put jars in oven, set Lorain wheel at 250 degrees, and go about other work.

When your alarm clock reminds you that one hour is up, take jars out and seal tightly."

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[1921]

A Family Affair

(Concluded from page 109)

much talking, or shouting rather, back and forth between dining room and kitchen. Aleck set the table with one of her aprons tied around his neck, and once she thought she smelled something burning. But the meal, when it finally appeared, was surprisingly good. Chops, baked potatoes, salad and special coffee in her honor.

"Any one can cook if he puts his mind to it," Dick declared, flourishing his knife and fork and quite unconscious of the smut across his nose.

"Aw, of course you can," Tony growled, "you always do the things you like to do 'cause you're the oldest, and leave the others to me. I fixed the salad," looking to his mother for approval.

"It is delicious, every bit of it, and I am proud of you," she declared.

Afterwards the boys stacked up the

dishes — they would not let her even look into the kitchen — while she, with her husband's help, took a stroll around the yard in the sweet summer evening.

"Did you try all the intelligence offices?" she asked when they had come in and were cosily settled around the big reading table. "Oh, how I dread another new maid. Some ignorant thing clattering up the house."

"Yes," her husband answered soberly, "the big mill has been opened and the girls are flocking to it, there is not one to be had for domestic service."

"What shall we do?"

"Let us go on as we are for a while. I have ordered a dishwasher. Went to see them today and I know you'll like it. The boys will be crazy about working it. We can always get dinners at the Inn and old Anna will come whenever you want her for cleaning."

"Very well. We'll try it," she acquiesced with a secret little sigh of relief. "Perhaps later we can get some one."

But as the summer passed and winter came, the Ellis family still ran their own house with a division of labor which caused no one individual to suffer from overwork. The dishwasher proved a great success and was Tony's particular care and pride, as he was the mechanical one of the lot. Mrs. Ellis, herself, got down the old cook book she had had when she married and bought a new one and found a real joy in preparing well-balanced meals in her sunny kitchen. Their dinners at the Inn were surprisingly few, for the men all liked so much better to be at home. "We'll cook it ourselves, mum, if you're tired," they would say and sometimes she let them. To be sure she could not do much entertaining in the house, but she found just as much time for club work as before and she enjoyed it with no thought of trouble and grudging service at home. To her surprise the interest of her sons in cooking and dish-washing held during the entire winter. She even caught Dick poring over the cook book, while Tony spent many spare half-hours down in the base-



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Canning a Salad Course

“**N**OTHING in the market for salad but just lettuce.”

▲ Outside of the largest cities this condition is a very common one during several of the winter months. Why not provide for a variety in the salad course by canning a shelf full of vegetables especially for this purpose? Very young string beans, asparagus tips, baby beets and whole tomatoes are all useful for winter salads.

Young ears of some small variety of corn picked as soon as the grains are well formed make a novel garnish for salads. Cook the ears until tender and pickle in highly spiced vinegar as they have, of course, little flavor of their own. Use with cress and lettuce or any other fresh salad which the market affords.

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ment working on an attachment to improve the dishwasher. Old Anna kept the house tolerably clean and they spent a happy, healthful winter together, with a common interest which they had never had before.

One evening in the spring Mr. Ellis announced, "The mill is going to turn off hands. I think you could get a maid now."

"What do you say, boys, shall we?" Mrs. Ellis questioned.

The three boys were studying around the big reading light.

"I suppose she won't let me cook any more," said Dick, doubtfully.

"Aw, she'll probably bust up the dishwasher," groaned Tony.

"What do you say, mum?" asked Aleck, the thoughtful.

"If you boys will keep on helping — I'd rather not!"

"The noes seem to have it," said Mr. Ellis, taking up his evening paper.

Mrs. Ellis began to sing softly as she rocked and darned, a heap of socks on the table beside her. She knew, of course, that there were some jolts and jars ahead in the family track, but these did not matter, for they were working together and getting a certain amount of fun out of the work and she felt well satisfied.

Apricot Cake

Cut a slice from the top of any circular-shaped cake, and with a small, sharp knife cut out enough from the center to make a cavity that will hold about two cups. Cook a pint of canned apricots with three-fourths a cup of sugar ten minutes, or until the mixture is thick and syrupy, and pour this into the cake-cavity, reserving enough of the liquid to soak the under side of the slice removed from the top. Replace this slice, cover the cake with a thick custard or with whipped cream, and serve for dessert.

The part removed from the center can be allowed to grow stale, crumbled, mixed with any sweet preserve, moulded in a gelatine jelly, or added to a can of half-frozen cream.



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*For the Man Who Works
with Hands or Brain*

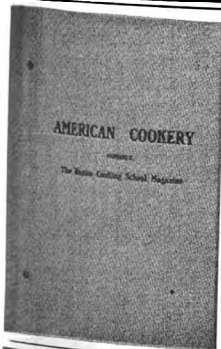
Probably the very best inspiration for the strenuous work of the day comes with the invigorating deliciousness of *White House Coffee* at the morning meal.

1-3.5 lb. Packages Only

—and that's just the real reason you will prefer it to any other brand. The 'promise of a good cup of coffee' you make to yourself when you put *White House* in your coffee pot is just as certain to be realized as that the daytime will follow the night. Users of *White House* invariably anticipate meal time for the keen enjoyment afforded by this splendid coffee, which always has the same delicious flavor that has made it the most talked-about and popular brand in the United States. Try it and see!"

DWINELL - WRIGHT CO. BOSTON - CHICAGO

Principal Coffee Roasters



Practical Binders for American Cookery

We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

Sent postpaid for one (1) new subscription to American Cookery. Cash Price 75c

The Boston Cooking School Magazine Co. Boston Mass.

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Miss Alice Bradley
Principal

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ADVANCED COOKERY

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DELICIOUS AND SUSTAINING

DIABETIC FOODS

QUICKLY MADE WITH

RICH IN PROTEIN AND FAT

Hepeco FLOUR

CONTAINS PRACTICALLY NO STARCH

Twenty Cents Brings a Generous Sample

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SERVICE TABLE WAGON



Large Broad Wide Table
Top — Removable Glass
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A high grade piece of fur-
niture surpassing any-
thing yet attempted for
GENERAL UTILITY,
ease of action, and abso-
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Domestic Science

Home-study Courses

Food, health, housekeeping, clothing, children.

For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, Tea Room Managers, Caterers, "Cooking for Profit," etc.

"THE PROFESSION OF HOME-MAKING," 100 page handbook, free. BULLETINS: "Free-hand Cooking," "Food Values," "Ten-Cent Meals," "Family Finance," "Art of Spending"—10c ea.

American School of Home Economics
(Chartered in 1915) 503 W. 69th St., Chicago, Ill.

Dress Designing Lessons FREE

Women—Girls—15 or over, can easily learn Dress and Costume Designing during their spare moments **IN TEN WEEKS**

Dress and Costume Designers Frequently Earn

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Many Start Parlors in Their Own Homes

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Kindly send me sample of lessons in Dress and Costume Designing, as taught in 10 weeks' spare time

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Address.....



The Silver Lining

Admitted

Miss Powderly: "Women are more forgiving than men."

Mr. Smart: "I'll admit that they make up oftener."

Boston Transcript.

It is probable that when the time comes for the meek to inherit the earth, taxes will be so high they won't want it.

Dallas News.

"Do you go out a great deal?" "We never go anywhere. We pay such high rent we have to stay in to get the worth of our money." — *Life.* D.

A small boy, being asked in an examination, "Why are you interested in the Northmen?" replied truthfully, "I'm not,"—and the unsympathetic teacher marked him zero on the question.

"Just think, Rose," said he, looking out upon the Grand Canyon, "it has taken thousands and thousands of years for that river to wear down through that rock." "Thousands and thousands? Why, this is only 1921."

Elsie: "Mamma, George Washington must have had an awful good memory, didn't he?"

Mother: "Why, my dear?"

Elsie: "Because everywhere I go I see monuments to his memory."

New York Christian Advocate.

R. S. V. P.

Here is a true story from a girls' school in the English Midlands: A "general knowledge" lesson was in progress. "Can any one," demanded the teacher, "tell me the meaning of the letters R. S. V. P.?" There rose the daughter of wealthy parents, whose receptions drew all the local society. "Rush in, Shake, and Vanish Pleasantly," she replied.

London Morning Post.

Mrs. Knox's Page

What is Your Favorite Dessert?

WHAT is your favorite gelatine dessert? Which of the one hundred desserts given in the **Knox** booklet "Dainty Desserts" is most popular in your home? I imagine it will be one of the four recipes given here, each so delicious it is hard to select the best one.

Make them up for different luncheons or dinners — (only one package of **Knox Gelatine** is needed to make the entire four desserts, each one of which will serve six persons) — and write me your vote so that I may present to the women of the land the nation's most popular **Knox Gelatine** dessert.

I believe every woman will be interested in the result of this test which I will publish on this page. Here are the recipes:

STRAWBERRY BAVARIAN CREAM

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	1 cup strawberry juice and pulp	1 tablespoonful lemon juice
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cups heavy cream beaten until stiff	$\frac{1}{2}$ cup sugar

Soak gelatine in cold water five minutes, and dissolve by standing cup containing mixture in hot water. Strain into strawberry juice mixed with lemon juice. Add sugar and when sugar is dissolved, set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold lined with strawberries cut in halves, and chill. Garnish with fruit, selected strawberries, and leaves. A delicious cream may also be made with canned strawberries.

LEMON SPONGE OR SNOW PUDDING

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	$\frac{1}{2}$ cup sugar	Whites of two eggs
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice	1 cup boiling water

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain and set aside; occasionally stir mixture and when quite thick, beat with wire spoon or whisk, until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pipe by spoonfuls on glass dish. Chill and serve with boiled custard.

CHOCOLATE BLANCMANGE

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	1 ounce grated unsweetened chocolate or	$\frac{1}{2}$ teaspoonful vanilla
$\frac{1}{4}$ cup cold water	3 tablespoonfuls cocoa	$\frac{1}{2}$ grains salt
1 pint milk	$\frac{1}{2}$ cup sugar	

Soak gelatine in cold water five minutes. Scald milk and add sugar, chocolate or cocoa rubbed to a smooth paste with a little water and salt. When sugar is dissolved, add soaked gelatine, then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla.

RICE PARFAIT

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	1 cup cream	1 cup chopped nut meats
$\frac{1}{2}$ cups hot boiled rice	1 cup sugar	1 teaspoonful vanilla
$\frac{1}{4}$ cups milk	$\frac{1}{2}$ teaspoonful salt	

Soak gelatine in milk ten minutes and dissolve in hot rice. Add sugar and salt, and when cool, fold in cream beaten until stiff. Add nuts and flavoring. Turn into a mold, and pack in ice and salt.

Send for "Dainty Desserts"

The Favorite Dessert Book

There is only room here to give four of the one hundred delicious dessert recipes given in my book, "Dainty Desserts"—which also contains recipes for ice creams, sherbets, salads, candies, etc.

Write for a free copy before sending in your family's vote on the nation's most popular dessert. You may find in it a dessert you like even better than any I have published here. Enclose 4 cents in stamps to cover postage and mention your grocer's name.



Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for Gelatine—it means **KNOX**"

MRS. CHARLES B. KNOX

KNOX GELATINE

107 Knox Avenue

Johnstown, N. Y.



Crawford Ranges

IN GRAY ENAMEL FINISH

Bake in three ovens and use the gas broiler at the same time

The new Victory Crawford is the only range on the market which does this—and in addition has room for four kettles on the coal griddles and five on the gas burners.

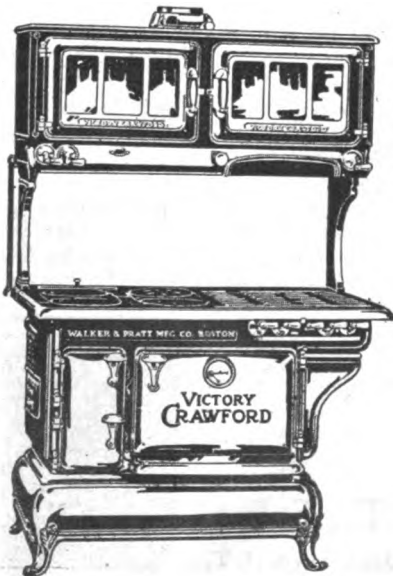
And though there is so much oven space—six and a half square feet, or thirteen square feet with the racks—the Victory Crawford measures only forty-three inches from end to end.

It's a thoroughly up-to-date combination gas and coal range with many exclusive improvements which make it efficient, economical, easy to keep clean—a time and step saver for the busy housewife. Ask your dealer to show you the Victory Crawford—you'll find it just the range you've always wanted.

Sold by Leading Dealers

**WALKER & PRATT MFG. CO.
BOSTON, U. S. A.**

*Makers of Highest Quality Ranges
Furnaces and Boilers*



Perhaps, In Next Moonlight

A pretty young woman stepped into a music shop in the city the other day. She tripped up to the counter where a new clerk was assorting music, and in her sweetest tones asked: "Have you 'Kissed Me in the Moonlight'?"

The clerk turned, looked, and said: "It must have been the man at the other counter. I've only been here a week."

She Knew A Good Thing

During a dangerous epidemic in a small western town every infected house was put under quarantine. After the disease had been checked the health officers were taking down the quarantine signs, when an old negress protested.

"Why, auntie," said an officer, "don't you want me to take that sign down?"

"Well, sah," was the reply, "dey ain' be'n a bill collectah neah dis house since dat sign went up. You-all let it alone."

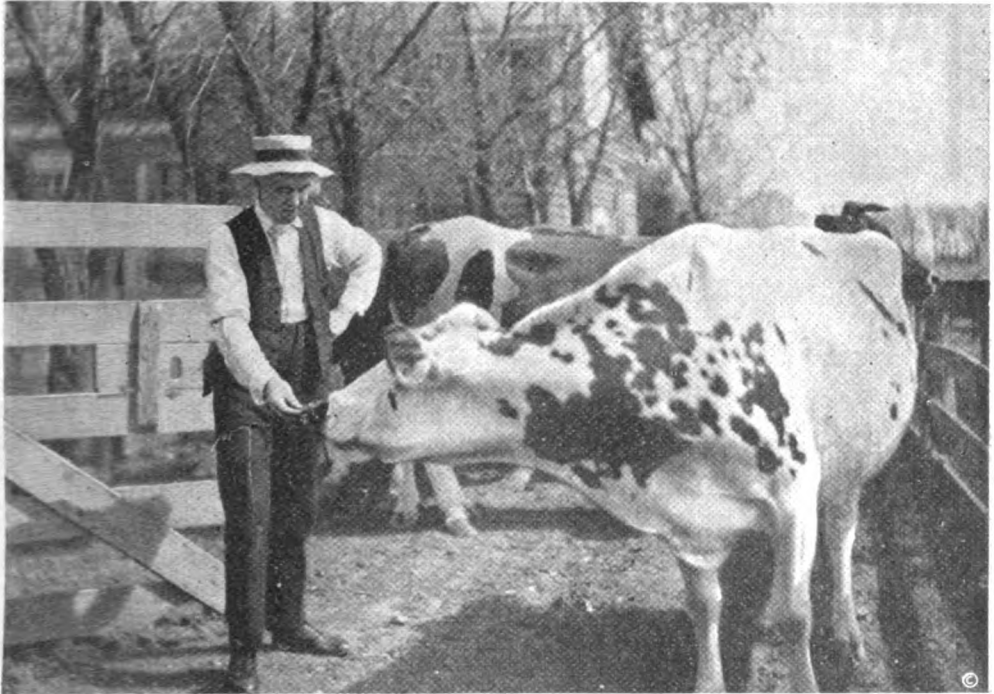
A Western evangelist makes a practice of painting religious lines on rocks and fences along public highways. One ran, "What will you do when you die?" Came an advertising man and painted under it: "Use Delta Oil. Good for burns." — *American Legion Weekly*.

"It is indeed a pleasure," remarked the man who approves of prohibition, "to be able to walk the streets without seeing a saloon on every corner." "And yet," returned the unregenerate one, "it's a great comfort to know they are there, even if you don't see them."

New York Sun.

A German Wooing

In the autobiography of Andrew Carnegie we find an account of William Klotman, a German business man in the Carnegie employment who rose to an income of about \$50,000 a year. He had gone to Germany to visit a former school-fellow, and on his return he wished to tell



“From Contented Cows”

OUT in the country where the grass is green in rolling pastures, sleek dairy herds produce the good rich milk you buy under the Carnation label. Evaporated to the thickness of cream, this milk is sealed in air-tight containers, and sterilized to insure its purity for you. Use it for every milk purpose: for cooking, drinking, and as cream with cereals, coffee, and desserts. Send for Carnation Cook Book. It contains tested recipes.

CARNATION MILK PRODUCTS COMPANY
858 Consumers Building, CHICAGO 958 Stuart Building, SEATTLE

Carnation

“From Contented Cows”



Milk

The label is red and white

Carnation Milk Products Co.
Seattle Chicago Aylmer, Ont.

Pea Timbales—1 can peas or $\frac{1}{2}$ can pea pulp, 3 eggs, 1 cup Carnation Milk, 1 cup water, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful white pepper, speck of cayenne, few drops of onion juice. Rinse peas and rub through a sieve. Add beaten eggs, milk, and seasonings. Mix and pour into buttered individual molds. Set in shallow pan of hot water and bake in a medium oven until set. Turn out on deep platter and pour two cups of thin white sauce mixed with one cup peas. Garnish with parsley.

To Season Fresh Vegetables—Cook peas, string beans, lima beans, cauliflower, sweet corn, etc., in salted water in the usual way. (For peas and beans, cook in little water, and simmer down to 2 tablespoonfuls of water.) Add Carnation Milk as desired, and season to taste.

There are many other recipes as good as these in the Carnation Recipe Book. Send for it.

Buy advertised Goods — Do not accept substitutes



"The Art of Spending"

Tells how to get more for your money -- how to *live better and save more!* How to record monthly household expenses without household accounts. 32 pp. illustrated 10 cents
AM. SCHOOL OF HOME ECONOMICS, 503A W. 69th ST., CHICAGO



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Convenient, Sanitary and Hygienic
Year's Supply for a Dime. Send 10c. (Stamps or Coin) to
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By A. LOUISE ANDREA

"The Book of the Hour"

Spokane Spokesman-Review

Absolute economy, if nothing else, will cause the Dehydration of fruits, vegetables, fish and meats to become a regular household duty, within the next few years.

The process is simpler than canning, requires neither cans, jars—nor sugar. This, the first authoritative treatise on the subject of the practical conservation of food, is just out of the press. Postpaid \$1.85.

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SALAD SECRETS

100 recipes. Brief but complete. 15c by mail. 100 Meat-
less recipes 15c. 50 Sandwich recipes 15c. All three 30c.

B. R. BRIGGS, 280 Madison St., Brooklyn N.Y.

A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves 4 the time. Consists of special folding dishdrainer, special wire basket, 2 special long-handled brushes. Full directions for use. Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School Home Economics, 503 W. 69th Street, Chicago

Mr. Carnegie something "particular." His story was as follows:

"Well, Mr. Carnegie, his sister who kept his house was very kind to me, and ven I got to Hamburg I tought I sent her yust a little present. She write me a letter, then I write her a letter. She write me and I write her, and den I ask her would she marry me. She was very educated, but she write yes. Den I ask her to come to New York, and I meet her dere, but, Mr. Carnegie, dem people don't know noting about business and de mills. Her bruder write me dey want me to go dere again and marry her in Chairmany, and I can go away not again from de mills. I tought I yust ask you about it."

"Of course you can go again. Quite right, William, you should go. I think the better of her people for feeling so. You go over at once and bring her home. I'll arrange it." Then, when parting, I said: "William, I suppose your sweet-heart is a beautiful, tall, 'peaches-and-cream' kind of German young lady?"

"Vell, Mr. Carnegie, she is a leetle stout. *If I had the rolling of her I give her yust one more pass.*"

A Cherished Experience

The spinster waited two or three hours to be admitted to the presence of the man who visited their town once a month to retail good advice and his own proprietary medicine. At last she was admitted.

"Yes, yes," said the brusque doctor.

"I want to know if influenza can be transmitted by kissing?"

"Beyond a doubt, madam."

"Well, a man with a pronounced case of influenza kissed me."

"How long ago was this?"

"Well, let's see. I think it was about two months."

"Why, madam, no harm can come to you now from the exposure. It is quite too late."

"I knew it," she sighed, "but I just love to talk about it."

DR. PRICE'S VANILLA

YOU always have splendid results when you use Price's Vanilla! It couldn't be otherwise, for Price's is the pure juice crushed from the choicest, finest quality vanilla beans. And Price's is full flavored—neither too weak nor too strong. Price's Vanilla is aged in wood—its rich, mellow taste will delight you!

You take no chances when you use Price's. For nearly seventy years Price's Vanilla has helped make delicious pastries, puddings, home-made candies and ice-cream. It is absolutely pure and delightfully good! Buy a bottle from your grocer and just try it for yourself!



PRICE FLAVORING EXTRACT CO., Chicago, Ill.
"Experts in Flavor" In Business 68 Years

Only
75c.



For
this set of

STAY SHARP

Kitchen Knives

You will be delighted at their lasting cutting quality.

Each has its individual every-day usefulness in paring and slicing fruit, vegetables and meat. Blades of high grade tool steel that retain their keenness. Handles are waterproof and are securely riveted to the blades.

ALL THREE KNIVES IN A BOX for only 75c.
If your dealer can't supply you, order from us

R. MURPHY'S SONS CO. (Dept. A) Ayer, Mass.

Makers of Fine Cutting Since 1850



WAGNER Cast Aluminum utensils are cast, not stamped. Being in one solid piece there are no rivets to loosen, no seams to break, no welded parts. Wagner Cast Aluminum Ware wears longer and cooks better. The thickness of the metal is the reason—heat is retained and evenly distributed—food does not scorch or burn as is liable in stamped sheet utensils.



Wagner Ware combines durability and superior cooking quality with the most beautiful designs and finish. At best dealer's.

Don't ask for aluminum ware, ask for Wagner Ware

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Dept. 74 SIDNEY, OHIO

Buy advertised Goods — Do not accept substitutes

WHITE MOUNTAIN Refrigerators
 "The Chest with the Chill in it"
 Built on scientific principles and tested by use
 "in over a million home."
 Easy to clean—economical—durable and efficient.
 Sold in every city and important town in the United States. Send for handsome catalogues and booklet.
 Main Manufacturing Co.
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 Look for the name WHITE MOUNTAIN
 Cuts your ice bill.




SPANISH RECIPES

10 recipes, most tasty, delicious Spanish dishes 25c
 specially adapted to American taste, sent for
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PERSONAL BODY DEVELOPMENT The correct method of obtaining a Perfect Figure, overcoming Nervousness, Constipation, Biliousness, Flabbiness of flesh and thinness of body.
 Price, \$1.00. Fully Guaranteed.
THE NEW IDEAS CO. 14 Collins Bldg., LIMA, OHIO

FREE FOR 30 DAYS Have you ever wanted to obtain the CREAM from a bottle of MILK? This SEPARATOR does it PERFECTLY. Send this ad., your name and address, and we will send one. Pay postman 50 cents. Use for 30 days: if not entirely SATISFACTORY return and we will refund your money.
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ROBERTS
Lightning Mixer
Beats Everything

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk, powdered milk, baby foods and all drinks.

Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives and endorsed by leading household magazines.

If your dealer does not carry this, we will send prepaid quart size \$1.25, pint size 90c. Far West and South, quart \$1.40, pint \$1.00. Recipe book free with mixer.

NATIONAL CO. CAMBRIDGE 39, BOSTON, MASS.



Two New Household Helpers

On 10 days' free trial! They save you at least an hour a day, worth at only 30 cents an hour, \$2.10 a week. Cost only the 10 cents a week for a year. Send postcard for details of these "helpers," our two new home-study courses, "Household Engineering" and "Lessons in Cooking," now in book form; OR SEND \$5.00 in full payment. Regular price \$6.28.

AM. SCHOOL OF HOME ECONOMICS, 563 W. 63rd ST., CHICAGO

Due to the accounts of numerous taxicab robberies last winter the women of New York were afraid to use public conveyances when alone, and the cabbies, as a result, suffered considerably. An actress in one of the Broadway successes left her apartment with just fifteen minutes to get to the theater. She called a taxicab.

"Driver," she announced before getting in. "this string of beads I have on cost a dollar and a half. The only ring I have is my wedding ring, and this purse you see here contains exactly sixty-five cents. Drive me to the — Theater."

"Miss," declared the dumfounded chauffeur, "I could stake you to a dollar if youse needs it."

"The Art of Spending"

How to Live Better and Save More

SPENDING is as important as earning and it is not the amount of money spent, but the kind of life it buys that counts. If you would like to make your income go further, make it yield more nearly what you want, you will be interested in this handbook which tells how a plan of spending or "Budget" helps to stretch the dollar, gives suggestions for drawing up a practical budget and shows how to keep check on the budget *without household accounts* by the use of the new Self-Accounting Check Book which is illustrated and described.

The new check book gives *automatically* the cost of Food, Clothing, Operating, etc., from month to month and year to year. Your bank can secure a set of the special interleaves and have the new check book made up for you at small expense.

The new *Weekly Allowance Book* — "Where My Money Goes," is also illustrated and described, — a simple little book of 32 pages, small enough for your pocketbook, easily kept, but giving classified records of all household or personal expenses. Price 10 cents; price of "The Art of Spending," 10 cents. American School of Home Economics, 503 W. 69th Street, Chicago. —*Ado.*



Pickling Time is Here

This year use the **BEST** spices obtainable for your pickling and have the best pickles you ever made.

The **BEST** Spice is

STICKNEY & POOR'S WHOLE MIXED SPICE

BEST because they are the choicest selection of pure, fresh spices, grown under most favorable conditions and packed in our own clean, sanitary mill.

Old-Fashioned Cucumber Pickles

One cupful of salt dissolved in enough boiling water to cover 100 small cucumbers. Let them stand two days in a covered jar. Drain and wipe each cucumber carefully and put in empty jar with a good sized onion full of cloves and a small piece of alum. Put $\frac{1}{4}$ pound of Stickney & Poor's Whole Mixed Spice in a muslin bag and boil a few minutes with enough vinegar to cover the cucumbers. Put the bag in the jar and pour on the vinegar.

Whole Spices in Window Front Packages

This package is one of the modern conveniences that Stickney & Poor has adopted for the housewife of today. Have you seen them?

Ask your grocer for Stickney & Poor's whole spices packed in this way.

Your co-operating servant,

"MUSTARDPOT."



JUST THE THING FOR THE HOT WEATHER
Gossom's Cream Soups (in Powdered Form)
 Pure, Wholesome, Delicious



Quickly and Easily Prepared.
 Simply add water and boil 15 minutes and you have a delightful soup, of high food value and low cost. One 15 cent package makes 3 pints of soup. These soups do not deteriorate, so may be continually on hand and thus found most convenient. The contents also keep after opening.
 Split pea, Green pea, Lima, Celery, Black Bean, Clam Chowder, Onion and (Mushroom 25c).
 Sample sent prepaid on receipt of 20 cents, or one dozen for \$1.75.
 For Sale by leading grocers 15 cents a package, 20 cents in far West.
 Manufactured by
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Cook without recipes! A key to cookbooks, correct proportions, time, temperature; thickening leavening, shortening, 105 fundamental recipes. 40 p. book. 10 cents coin or stamps.
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Whips Thin Cream
 or Half Heavy Cream and Milk
 or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle to-day.

Housekeeper's size, 1½ oz., .30 prepaid
 Caterer's size, 16 oz., \$1.00 "
 (With full directions)

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631 EAST 23rd ST., BROOKLYN, N. Y.

Pacific Coast Agents:
MILES MFG. CO., 949-951 E. 2nd St., Los Angeles, Cal.

Cream Peppermint Candy

Boil one cup of water and two cups of sugar until the syrup will form a hard ball when a spoonful is dropped into cold water. Add one-fourth a teaspoonful of oil of peppermint shortly before the hard-ball stage, then pour on a greased platter and when cool enough to handle pull until perfectly white, and cut into pieces to lay on paraffin paper until hard.

An Old-Fashioned Girl

Anna: "Miss Prue is a very proper young lady."

Grace: "Very much so! She wouldn't accompany a young man on the piano without a chaperon." — *Houston Post*.

Cooking for Profit

BY ALICE BRADLEY

Principal, Miss Farmer's School of Cookery
 Cooking Editor, Woman's Home Companion

IF YOU wish to earn money at home through home cooked food and catering — if you would like to own and conduct a food shop, tea room, cafeteria or lunch room — if you wish to manage a profitable boarding house or small hotel, you will be interested in this new correspondence course.

It explains just how to prepare food, "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all occasions, and tells in detail how to establish and conduct successful tea rooms, etc. — how to manage *all* food service.

The correspondence instruction is under the personal direction of Miss Bradley and the fee for the course is very moderate and may be paid on easy terms. *This month*, two "Household Helpers" are included free, to show how to gain the time for money-making work. For full details write to American School of Home Economics, 503 W. 69th Street, Chicago.

— *Adv.*



HEBE

Use HEBE for

Tomato Salad
 Hearts of Lettuce Salad
 Cream of Spinach Soup
 Creamed Carrots
 Creamed Peas
 Creamed Ham on Toast
 Cold Slaw
 Banana Cream Pie
 Iced Chocolate

It's the dressing

that makes the salad

THERE is no more popular summer dish than a cooling, refreshing salad. It's the most delightful way of serving the fresh green vegetables of summer—and the most healthful, too. There is no end to the variety of salads—but the secret of a *good* salad is in the *dressing*.

HEBE Mayonnaise Dressing

8 tablespoons HEBE 1 cup salad oil
 1 teaspoon vinegar
 Salt, cayenne pepper and mustard, if desired, to taste.

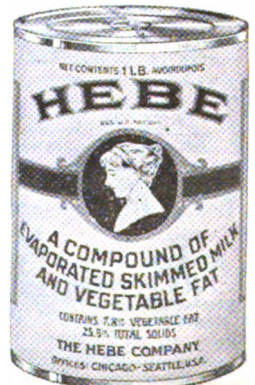
Place HEBE in a small deep bowl, add oil slowly at first, then more freely, while beating vigorously with a dower egg beater. Add vinegar, salt, pepper and mustard and continue beating until thoroughly mixed. If not stiff enough add a little more vinegar and mix well.

Dressings made with HEBE are not only rich and delicious, but inexpensive as well.

HEBE helps to cut down the cost of cooking wherever it is used—and it can be used in almost everything you cook or bake. Try it.

HEBE is pure skimmed milk evaporated to double strength enriched with cocoanut fat—a balanced combination of wholesome foods.

Include Hebe in your daily grocery order and note the saving. Send for free Hebe recipe booklet. Address 4015 Consumers Bldg., Chicago.



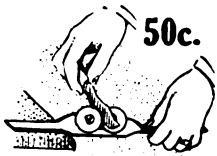
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Chicago

Seattle

ANY ONE CAN USE
**KNACK-OF-IT
KNIFE SHARPENER**

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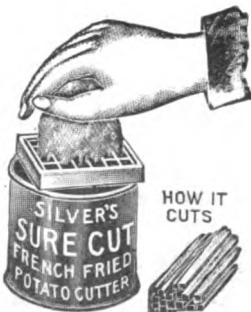
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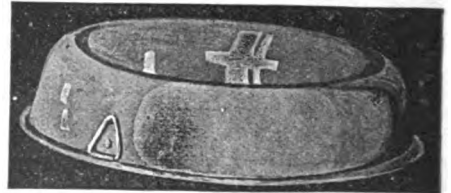


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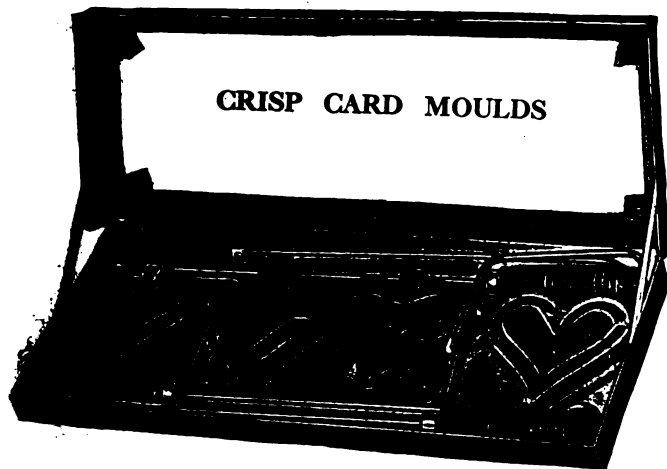
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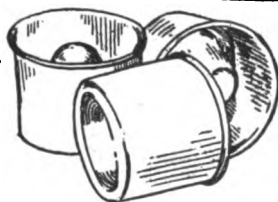
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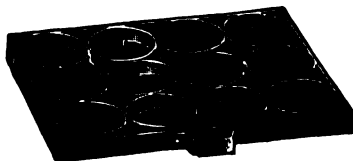
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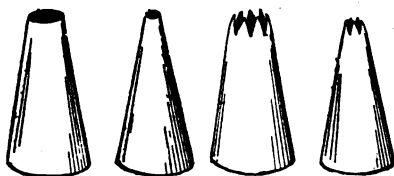
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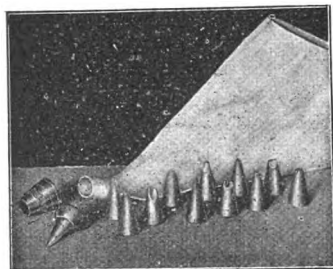


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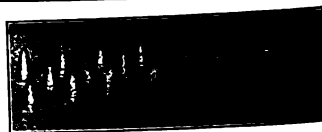


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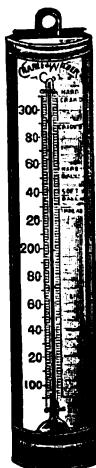
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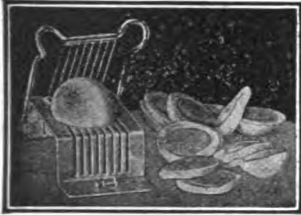
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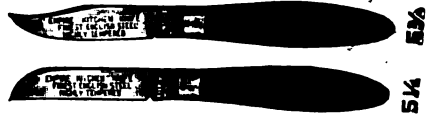
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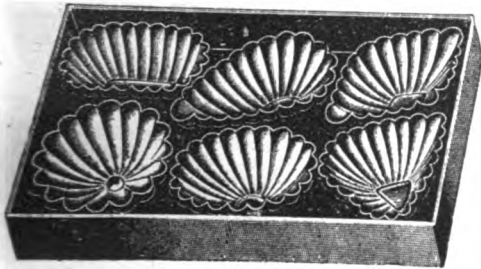
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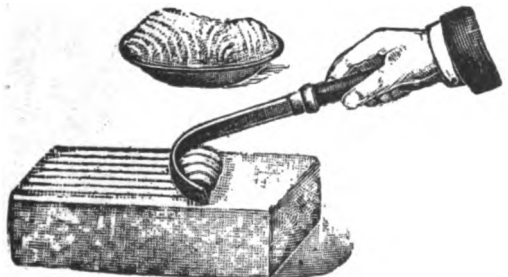
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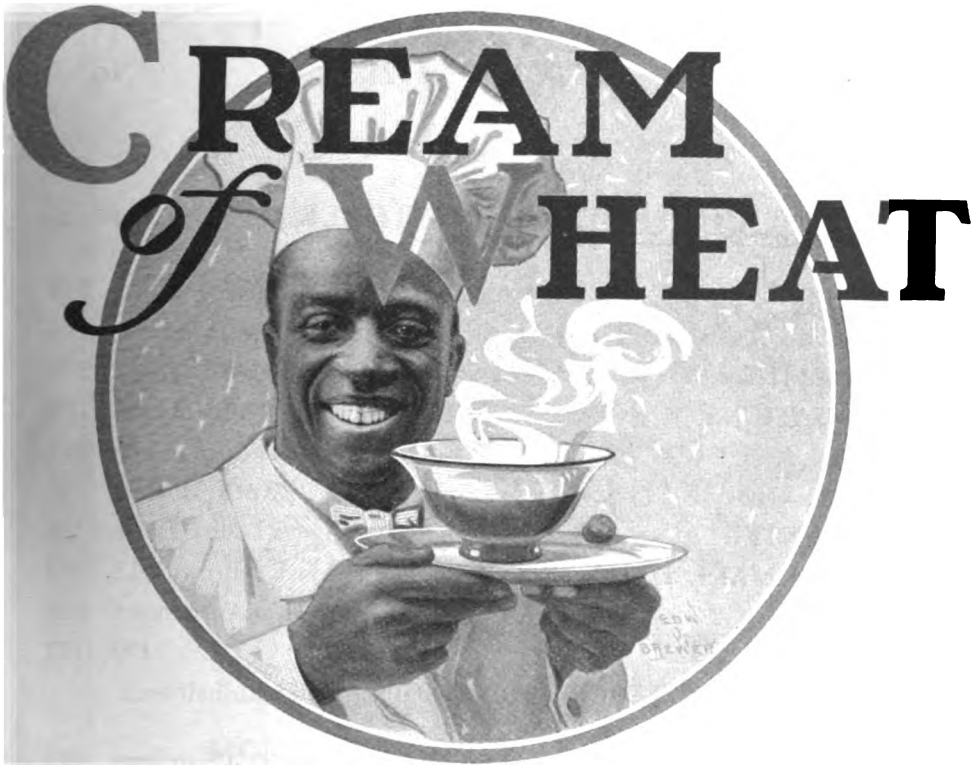


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AMERICAN COOKERY

Vol. XXVI

OCTOBER, 1921

No. 3

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\$1.50 A YEAR Published Ten Times a Year 15c A Copy

Foreign postage 40c additional

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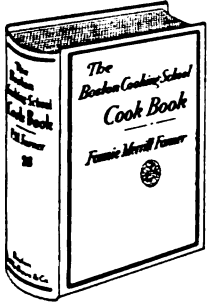
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September

September hath a dignity, flaming with color
gay —
A sweet, assured maturity, deepening day by
day;
Stately she broods o'er gorgeous fields, — (Soon
will those fields be gray, —
Soon it will be November).

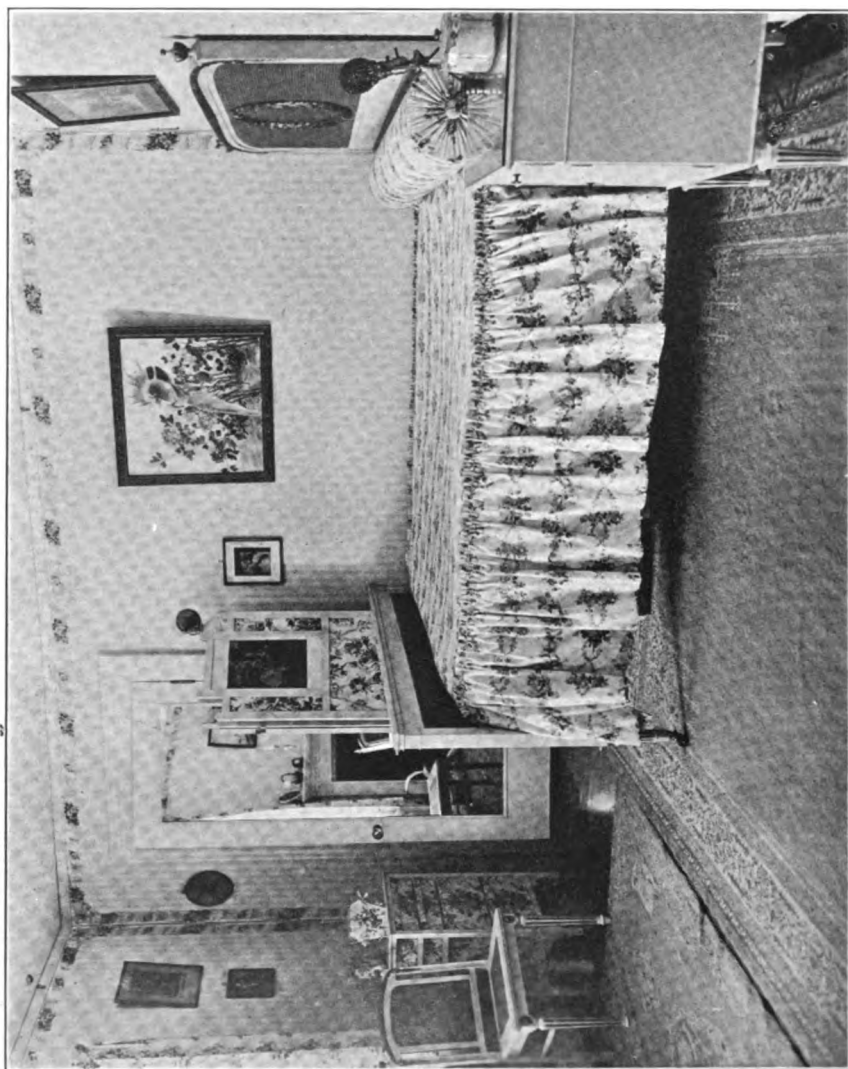
Harvested meadows steeped in sun, sultry with
gold and green;
Vivid trees veining dark fir woods, in patterns
of Damascene, —
(Shortly their glory will depart and will be no
more seen,
Save only to remember).

Mountains all blue and violet, poignant with
summer's glow, —
Delicate etching on a sky, pale where their
contours flow, —
Deepening zenithward, and quick with clouds
a-drifting low, —
(Clouds white as chill December).

Mellow air soft with sun and tinged with fruited
smells of fall;
Peace in the world; a grateful sense of friend-
liness to all;
* * *

Soon will the wind sweep down the hills; Winter
will soon enthrall
September, — sweet September.

Katharine Sawin Oakes.



DECORATIVE AND IN EXCELLENT TASTE

American Cookery

VOL. XXVI

OCTOBER

NO. 3

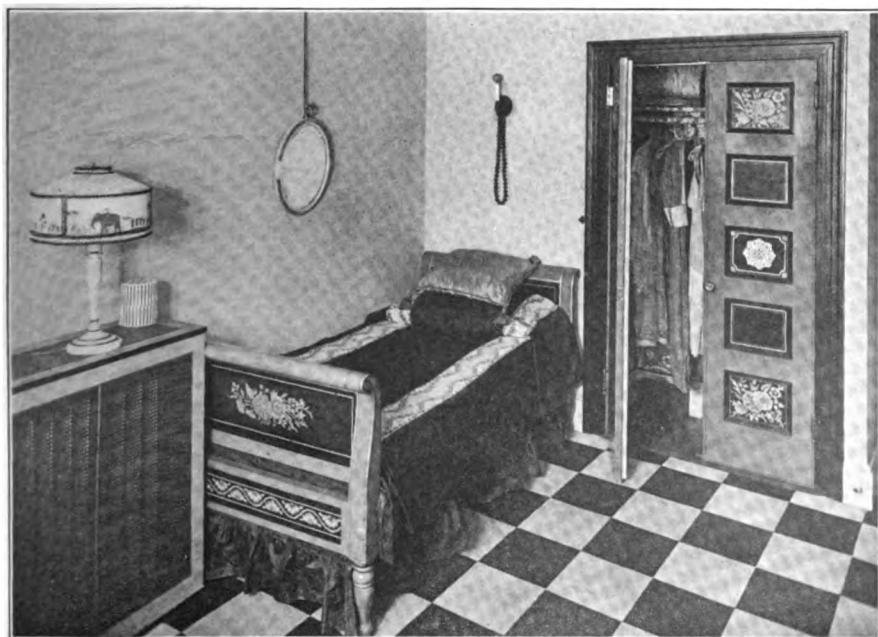
The Small, Dark Bedroom

By Mary Ann Wheelwright

MANY people live with ugly surroundings, year after year, looking forward to a time when wonderful changes are to be made. Begin today. Don't wait for that happy but vague future when you expect to have all the old mahogany you want and a real garden. Start a window box and take stock of the furniture. If the success of a story lies in what is left unsaid, the success of a room no less consists in what it does not contain. Put in one pile the things you cannot live without, place in a second what remain. Note the difference in the two piles, the ratio may be as the mole hill to the mountain.

Have you ever noticed how refreshing and attractive a room seems after it has been carefully cleaned and before the pictures and so-called ornaments have been put back? Possibly you stop to rest, surveying the scene with satisfaction. The walls are unadorned, the tops of the tables as are bare as a historic cupboard. Perhaps you do not analyze your pleasure. You attribute it to that shining quality which is ranked next to godliness, rather than to the inevitable bric-a-brac awaiting a second dusting.

You may not realize it, but this moment is a critical one. It is what our dear old-time clergymen would call a turning



CHAMBER IN A MODERN GARAGE

point. That they knew nothing of the decorative problems that beset the scul of modern women makes no difference with the comparison.

There are two ways of meeting the decorative turning point, one is to go on dusting and putting back the bric-a-brac with the calm deliberation shown by Thackeray's Charlotte in cutting bread and butter. This is the popular way. The other is to determine once for all that the old order passeth. This is the unpopular way. By a circuitous route I am leading up to the small, dark, bedroom, that everlasting problem of those who dwell in large cities.

Richard Le Gallienne once described his ideal house in a delightfully whimsical way. After several thousand words of charming digression, the three essentials of his ideals were given. There was a library, a chapel, and a garden. The chapel was the simplest of the trio to follow. Three things only were required,

sunshine, silence, and a crucifix. If you can find the old magazine containing this rather unknown bit of Le Gallienne, read it by all means. It shows the author of "The Quest of the Golden Girl" at his best. It is impossible of achievement, but none the less full of possibilities.

The small, dark bedroom does not contain sunshine, very rarely is there silence, but it can be restful and it can suggest sunlight. "Suggest," magical word. This is the age of suggestion in all lines, no place more so than in the hands of the decorator.

If you can command the services of a painter, who can put on paint so that the walls of your little room will have texture rather than gloss, secure this valuable man by all means. Texture is very important, not less so than tone and quality. Paint is a wonderful medium, so good and so bad. There are the painted walls of the village painter, cold, hard, and shiny. There are the painted walls of such a



NOTE EFFECT OF PAINT AND DECORATION

decorator as Mr. Wolfe — luminous, atmospheric, full of texture. Study texture in the objects about you. The book-covers on your table, the wall paper in your neighbor's house, the decorative fabrics in the shops. Think of it as doubly important in this small, dark room. Decide on the medium which gives you the kind of texture you wish, whether paint, paper or fabric — particularly in a sleeping room. They may be found in all the tones of gray, tan, buff, ivory and white. White is no longer just white, any more than black is just black.

Whether, like Whistler, we can distinguish thirty-four different whites is a matter of doubt, but we all know cold white and warm white. Cold white has gone out as a decorative color. The danger now lies in the other direction, — in using a white that is such a deep ivory that it is almost like buff.

Suppose you choose light gray for your walls and the palest cream-colored paint

-- not chilly, blue gray, but a tone that has a glint of yellow. Do you know how interesting Della Robbia blue is and how well it fits into a small room? Blue is a space-suggesting color. Here are two suggestions for a blue, gray and ivory room. The first calls for the luminous gray walls just mentioned, ivory painted woodwork, a floor covered with Della Robbia filling and curtains in a boldly printed fabric of this beautiful blue and creamy white. You may find the latter in expensive chintz or inexpensive American cretonne. The second scheme gives to the walls the creamy tone, to the woodwork the gray, to the floor the blue filling, but to the curtains a small figured material in which the brightest possible colors are blended with the selfsame blue. Either of these schemes will be interesting, if the little room is kept very simple. A plain iron bedstead, enamelled ivory or gray, a coverlet like the curtains, pillows rather square, four in number, covered with day slips of the same material, a blue



BRIGHT FURNITURE FOR THE CHILDREN

and gray, or a blue and cream rug, and the fewest possible pieces of furniture. If the room is to serve merely as a sleeping room without any dressing room features, very little is needed. A chest of drawers, one chair and a small table ought to be sufficient. These pieces may be made very interesting. The plainer the shape the better, and, inasmuch as they are to be painted gray or cream-color, a very inexpensive wood may be used. On the smooth, lusterless surface decorative motifs may be painted, thus adding to the general charm of the room. The possibilities of painted furniture are tremendous, and the variations are almost without limit.

Other attractive schemes, which suggest themselves for this same little room, are ivory paint, a light gray-green wall, a plain gray-green velvet rug, and Chinese

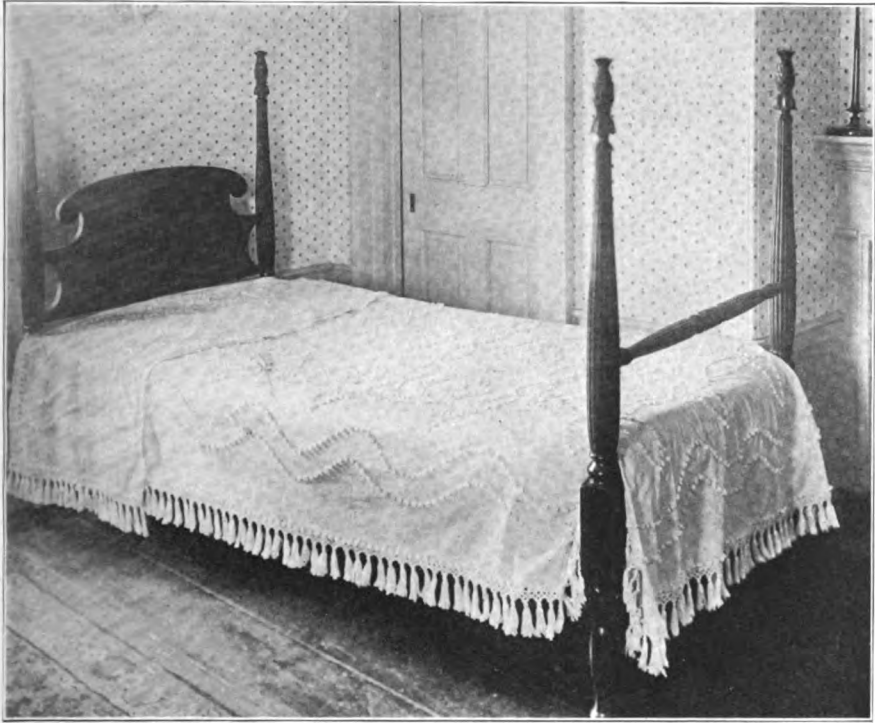
flower chintz at the windows, in which there is a good deal of lavender. The furniture in this case is to be painted lavender and unadorned. Another effect, run on this same scheme, gives a plain lavender-velvet rug to the floor and a gray-green paint to the furniture. On the furniture the flower motifs are to be painted — leaves a deeper green, and the queer Chinese flowers in lavender, old blue and faded pink.

Just a word in regard to painted decorations on furniture. They must be well done, of course, but not necessarily elaborately done. Choose a definite design, following, if you must be a copyist, a good tracing. Wall papers offer a host of attractive motifs, particularly those of Chinese significance.

A stunning small bedroom furnished by a bachelor was brought to my notice, the



INTERESTING AND ATTRACTIVE



PLAIN AND OLD-FASHIONED

other day. On the wall hung what the owner called his beef-steak paper. It reminded him, he said, of the butcher paper that once wrapped the family steak. It was rather gray for market paper, but similar in quality, rough in texture and without glaze. The woodwork and floor were painted the same color and the furniture, including the bedstead, had been given seven coats of mandolin red. It glowed like red lacquer which, indeed, it cleverly imitated. Over the narrow mantel hung an old Chinese painting. The rug was a real triumph. It was plain jute, dyed vermillion, and then washed after the manner of Oriental rugs. There was no curtain at the small window — only a gray shade, the color of the paper. Gray Russian crash covered the bed, and the whole effect was soft gray, dull gold and lacquer red.

Every room, no matter how small, needs a culminating point of interest. A simple scheme with a plain wall is to

frame a stunning piece of fabric, or an equally effective piece of wallpaper. Some of the Chinese, Japanese, William and Mary, and Jacobean wallpapers are admirably adapted to this idea. Select a general piece, large enough to carry the motif but not "the repeat" and frame it in a flat band of wood, painted either to match the woodwork or the furniture. You can tell which will be the more attractive as you work out the scheme. Some of the papers with black backgrounds and gay birds, butterflies and flowers might just fit into your plan.

One rather daring little room, recently seen, carried white walls, woodwork painted a bright blue-green, a dull black ceiling brought down to a broad blue-green molding, a black floor on which there was a blue-green rug, furniture of the same blue-green, on which the most brilliant flower schemes were painted.

Between two windows, and framed by the blue-green molding and the blue-

green baseboard was a roll of black paper, adorned with the gayest of birds and flowers. The queer blue-green was also conspicuous. The only metals were black iron and a few pieces of highly burnished copper.

The color-scheme was unusual but not erratic. It just missed the latter by reason of a fine balance. Also there was no clutter of unrelated things. Space was suggested, and there was the repose that comes from proportion and order.

A well known decorator who saw the

room liked the idea so well that he elaborated it for a wealthy patron. He used old lacquer panels in place of the wall paper, commissioned an expert in painted furniture to furnish designs, used rare black Hawthorne ginger jars to fill a set of blue-green shelves, did wonderful stunts in dyeing to get just the needed results, and, finally, went to Europe, to find a bedstead, and all because an enthusiastic amateur was not afraid to be thought queer by his friends and madly mad by his devoted family.

Hill Happiness

By Ethel B. Wells

"**T**HERE is absolutely nothing to do, Aunt Alice. Can't you suggest something?"

The tone was despairing, the expression in the young face rebellious.

"Birds?" I suggested, trying to awaken her first interest. "Blue birds flown yet from the old tree stump? Sparrows gone from the nest? You have not had the young ones out for some time. Has the bush-with-the-berries-aviary lost its interest? No new birds to discover? Remember the grosbeak that peeked in our butternut tree? All gone?"

"Oh, I am tired of them all! Even the goldfinches are not fun any more."

"Blueberrying?"

"Oh, heavens, Aunt Alice, I can't for fun. If you want me to do it to provide for the table I will, but not for fun. I have picked them, and vegetables, too, for the table, haven't I?"

I nodded silently, remembering the small green cucumbers that had found their way to my table through Betty's hands the day before, because I had told her that young, tender vegetables were the special luxury a garden of one's own afforded. I had forgotten to exclude cucumbers from the list.

"Well, then, let's see. The view?

No? The river? Fishing, canoeing, bathing?"

"All alone? What's the use! I want some fun. I want a good time for a change. I am tired of the country and nature and lovely, peaceful things. I want just a roaring, downright good time. Oh, dear, nobody 'round but us! Don't you feel lonely, too? Does the view always satisfy you, and looking over your garden, and making wise selections for the day's vegetables? Do you ever get tired of getting blueberries and wild strawberries, and milk and fresh eggs? Don't those fool goldfinches, with their everlasting roller-coaster-dip and chatter, pall on you after awhile? Some day I shall try to kill that bird that says, 'keep your seat' all the time I am sitting on the piazza!"

The young thing needed a change. I realized that well enough, and that an old maid aunt had been too settled down for a girl of eighteen, though my peacefulness she little realized had been fought out and was an escape from such revolt as she was going through then.

"I tell you what to do! Write to one of your girl friends to come up and visit you. Then take it down to the post-office — and walk fast! Work off some

of your extra steam. You will feel better for it. Also" — a second, awful, middle-aged thought — "while you are in the village you might get —"

Betty's smile stopped me. "More providing?" she asked sweetly.

The old dilapidated orchard was peaceful in the late afternoon sun after Betty had gone. I had run away from all disturbing elements. It had been an upsetting time for my temper. I wished to recover my point of view, which was a very precious thing.

The orchard had been a practical thing in the past, but the trees had been neglected too long before my purchase of the place for me to bring them back to life. So the pines and the white birches were allowed to grow instead of apple trees. Blackberry vines and ferns, checkerberry and wild strawberry carpeted the space unoccupied by anything else. A stone wall separated the orchard from the clear, grass-grown open hill on which the house stood. Following the wall the trees grew thick, so that the orchard was a thing apart, quiet, secluded, green.

Through the parting of the trees, at the lower end of the orchard, blue Kearsarge stood up to the north-west, separated from us by twelve miles of wooded, farmed valley, with the railroad running up to other valleys out of sight, beyond the farthest hills.

It was good to sink down in the soft green under the trees and take stock once more. All the joy of the place for the moment had departed. I had felt suddenly old and middle-aged. My pleasure in the simple life seemed crude and foolishly elemental — poverty stricken. In this age of luxury and spending, of motoring and fêting, wasn't a simple love of country and "views," sunsets and fresh air, just a sour grapes attitude, after all? Wouldn't I, if I were young and had more money to spend, be speeding over the world from Inn to Inn, from mountain to mountain, from shore to shore, instead of looking through a gap in my orchard wall to a little hill-mountain, thinking it

blue and lovely? Wouldn't I be having a gardener or two to pick my vegetables, my only relation to the cucumbers, squashes, corn, tomatoes, and all, the enjoyment of them on my table? Was it not foolish to creep out at sunrise and watch the valley, filled with white mist, respond to the touch of the golden light; to listen to the chorus of the birds that accompanied the glory of the awakening day? Wasn't Betty's point of view the only real, vital point of view of life? People and good times, excitement and young joy? I sighed. I realized fully that I was thirty-five and past all that frenzy of youth. The "providing" and the quiet and the peace were all that were left.

The afternoon train crept up the valley, and from middle-aged habit I watched the smoke as it marked its approach. The train stopped below at the flag station, and then proceeded farther up the valley, discharging its load of summer pleasure seekers. I wished, for Betty's sake, that some one was expected by us, some jolly people who could swim and paddle and walk and play with her in a young way.

But gradually the peace of the afternoon came back; the orchard was lovely in the sunset light. A bright chewink cocked his head on one side and looked at me from the tree. Presently I laughed to myself: "Youth or no youth, disturbing nieces or not, I am going to be happy in my own way. I *do* love you, you orchard, and I *do* love to pick things and 'provide,' and I am going to pick wild strawberries this minute to eat with that luscious cream."

The strawberries were thick under the trees. I was busy for fifteen minutes. Then suddenly I became aware that some one was looking over the stone wall, some one I had never expected to see again; someone I had once loved and had been trying to un-love ever since.

A beaming smile overspread his face, but he stood motionless, looking at me. I stood with my basket as I had arisen from the berry picking.

It was a strange way to greet a person after ten years' parting, but he said quietly, "Alice, how beautiful you are! I had forgotten, if, perhaps, I ever knew before."

"Where have you come from?" I demanded.

He bounded over the wall and came quickly toward me.

"From the ends of the earth to find you. I suddenly realized out there what a botch I had made of our lives, and that it wasn't riches and luxury and adventure that I needed, but just you and peace and happiness."

"You must be growing old," I said wickedly.

"No, but I have seen the world and have had my fill. It is all a sham — that sort of thing."

"I wish that I could have had a little of it," I answered sadly, looking off to where the train was disappearing in the valley purple, miles away.

"Forgive me, dear, I wish you had. I wish that we had had all the young adventure together. It was my fault, I know. I take all the blame. I ran away from all responsibility and care and left you to bear it alone. But, child, there is a whole lot left, a big slice of rich, full life to come to us still. Will you try it with me? We haven't a day to lose. We must make up for lost time, and gather all the joy to our hearts."

He stretched out his arms to me. All maidenly shame and pride against past hurt seemed to have left me, for I just crept into them without a word, and cried quietly on his shoulder.

"Peace, joy, happiness will come to us now, Alice."

"They have come to me already," I smiled. Then — "Look out for the strawberries," I warned; "we must have them for supper. Come on," and I fled up to the house.

We burst laughing into the hall and almost collided with Betty and a tall young man who were just passing through

the other way. Betty was brilliant with color and laughter.

"Oh, Aunt Alice, this is my friend Jack Meredith whom you have heard so much about. He had just come on the train, so I brought him along."

I could feel the child fluttering with excitement by my side. Then she turned and saw my stranger, standing quiet and smiling.

"More company, Betty! My friend, Mr. Blake, whom you have *not* heard a lot about, but whom I used to know *years and years ago!*"

My exaggerated tone brought the color to her face, but she went bravely up to him and gave him her hand.

"How do you do! Isn't it nice that we could all meet here! Isn't Aunt Alice silly to say '*years and years ago!*' This is my friend Mr. Meredith, Mr. Blake."

We left the men to themselves and went to the kitchen. Just out of sight Betty suddenly put both her arms around me and whispered in my ear, "I see it all right in your face. It's true, isn't it, that you love each other and are going to be married? O Auntie!" as I silently nodded.

For a moment we stood in a girlish embrace. Suddenly Betty held me off at arm's length.

"Heavens! Those men have probably got fearful appetites, and there's nothing much for supper, is there? What shall we do?"

I named over a passably good supper that by force of habit I had planned quickly. Then — "And while you were away I picked some wild strawberries — provided them, you know," I added.

Betty flung her arms around me again. "Auntie, forgive me! Please forgive me! I did not understand. I have been an old selfish pig all the time."

"No, dear, not that." I felt very tolerant in my new-found happiness. "No dear, not selfish, only just a little *young* and that is easily forgiven." And I kissed her happily.

Compensations

By Ruth Fargo

REBELLION settled upon the heart of the charwoman; despair, like a vulture at a feast, huddled above her fancy. Her lips set in a hard white line. Her knees were wet to the skin. As she knelt on the damp floor she pulled aside her drabbed skirts from the ever-advancing tide of dingy water; she twisted her loosened hair into a tighter knot with hands that were swollen and moisture-bleached; she worked stolidly with a frantic energy dulled by long hours; stooped, aching hours, of hum-drum demand. Bravely, faithfully, without complaint, she had answered The Call; opportunity had not found her sleeping.

Once she had been youthful, and buoyant, and fair to look upon. So long ago, it was, she had quite forgotten — æons ago, in that time when her husband lived and her two babies played upon the floor. And now — now it seemed that she had always been a charwoman, for her husband's tragic death had left her in need, utterly untrained, and with two small mouths demanding daily food. And now her daughter was in high school, and her son talked of a job!

But she, she was a charwoman! Just a charwoman, unnoticed, unconsidered. Silver heavily streaked the brown of her hair. She was worn and tired. Rebellion and despair, having waited so patiently through the long years of work, of courage, of grim determination, today came into their own. They whirled about her head and her heart, engulfing her in a gloom of swirling wings. Soggy tears dropped into the soggy tide that soaked her knees. She was utterly discouraged.

"I ought to be home with the children," gulped the charwoman. "I ought to be home with my babies. They need me,

they need me more than when they were little." She spoke aloud, for the offices were all deserted. Already darkness was slipping into the corners of the corridors, the shadows of coming winter night. Light after light blinked out to twinkle over the streets. The charwoman worked on. Often her stint took her far along the dusk: halls must be clean, rooms must be fresh for morning: she could never afford to lose her job. She could not afford —! She could not afford —! The thought sickened her soul, as ten years ago it could not have done. Age had sunk its red-hot brand of Fear upon her cringing heart.

"I — I ought to be home," she lamented. "Polly's too pretty a girl to leave unprotected — too pretty a girl to be a daughter of mine! Oh, but a girl is light-hearted. A girl craves life, and fine garments and jewels — and love! But how can a girl tell gold from gew-gaws! And the lights and the sounds and the scents call so vividly; and the streets glitter so gayly! And I — " moaned the charwoman, "I leave Polly alone — alone through the long evening."

Weary and worn the woman sank back in an unscrubbed corner, her arms stretched across her aching knees, her swollen hands clutching the tools of her trade. She leaned her head against the wall. Her eyes closed. Perhaps she prayed.

Once her lips moved. "Life is hard for the poor," she whispered, "hard for the untrained. Truly I have tried. I have kept bread in the mouths of my babes — all these years. But they are young — they cry for cake!"

Heavily she sank closer into the dingy corner.

"But yesterday my daughter cried for a ring — a bauble of irised glass! . . . Alas, my Polly is pretty — beauty piles

temptations along one's path. And I — I cannot be home to care for her: I must scrub far into the night to earn the thing that we term *life*. Indeed, my burden has become so great. It is the heaviest on earth. I can no longer bear it."

The bent form sagged lower against the wall. An epitome of weariness masked the face of the worker.

Then it was as if a light sifted through the dingy dusk, and a soft voice seemed to reproach.

"Woman of work," it said, "choose. There are many burdens, for no one on earth is free. Each carries his own pack." The soft voice paused as if to sigh. Then: "Choose," it suggested in soothing cadences, "choose the burden that you would bear. It shall be yours."

The charwoman laughed aloud. Choose? How easy a task! Only today a proud woman had swept scornfully past, a woman in velvet and fur. She had not deigned to look upon the woman of work in the corridor. Choose! The laugh of the charwoman was not pleasant to hear.

"Burdens, indeed," mocked the huddled form in the corner. "I will take the burdens of that fair lady who shrank from me in the halls this day. Perfumed like a rare, rare rose — what burdens are hers?"

"You have chosen?" The murmur of the voice was full of patience, and sorry. It was very gentle.

"I have chosen," answered the charwoman.

Then the voice vanished. The dingy darkness was as before. The huddled form in the corner was still. Night hovered stealthily over the city. And it was with the charwoman as if years had passed: they had melted swiftly into eternity like snow over a warm chimney. And still she huddled in the dingy corner; but now she implored:

"Take this burden from me — this thing for which I begged. I spoke in blindness. I did not know. For how may we know of the burdens another bears? And I, in my folly, demanded a

curse — and guessed it not. Make me a charwoman again; return to my shoulders the pack that years of pressure have taught me to carry: it is nothing — nothing measured by this unfamiliar load, this load for which I asked, for which I have no skill (or patience) to manage. How could I know that gold and jewels and fine raiment and position may chain the heart with meshes of brass, may hold the eyes at the edge of a mocking precipice into which one must daily look down? How could I know that Success may be an unwholesome thing like an apple with a worm at the core? Indeed, I had forgotten that death is better than love grown cold; I had forgotten that the sins of parents may stare back from innocent eyes; I had forgotten —"

The charwoman stretched out pleading arms.

"Blindly I bartered away the burden that was my own," she agonized; "return it to me, and I will rejoice, and repine no more."

The woman's head bowed in shame and sorrow. She did not see the faintness of the opal light. But she seemed to sense a soft voice saying:

"Take that which is thine own. Covet no more the burden of another. To you is given but mortal sight. Much there is which must forever remain cloaked in shadow."

The light faded. Night hovered over the city.

The charwoman started. Staring, she clasped her hands against a fiercely beating heart. She glanced about. There lay the tools of her trade. The floor was not yet dry. Hurriedly she wrung the water from her dripping skirts, but a song brushed her lips, light as a butterfly's wing. She smiled.

At the door of her home her daughter met her.

"We have tea all hot for you," cried Polly with a hug of joy. "We had almost begun to worry, Bob and I. You are so late, motherling dear. And we have good news for you!"

Polly bent and kissed her — Polly who already measured two inches taller than mother.

"You won't always have to work so hard," cried the girl. "I am making good. Next term I shall teach — think of it, Mother. Your girl a teacher! And then — and then —" She laughed gaily. "You shall never work so hard again, mother mine, never, never, never! — Now drink your tea while it is piping hot!"

"And I, mother —" the charwoman's son dropped to a stool by her side. "I have finished all my arithmetic problems. I am doing better. Soon I shall be in *Eighth A.*" His voice grew shy. "And I have been promised a job as soon as vacation comes. I shall deliver for Bate-man the Market Man. Oh, mother, you will never need to work so hard again"

Tears rolled down the cheeks of the charwoman.

"Burdens?" she whispered. "What burdens have I? Blessings! — only blessings have come to me, and I did not know. . . . My beautiful daughter with the white flame in her heart which no earth soil can tarnish! And my son with his father's own ways!"

Happiness sang in the home of the charwoman.

"Your tea," chided Polly lightly; "drink your tea, mother dear. . . . And guess what I have for your supper."

"Some day — some day — I am going to be a great man," mused the boy at the woman's knee. "Then, mother, you will be so proud of me."

The charwoman laughed. Her eyes were shining. She hugged her burden to her, for she had seen its core of gold.

And the children said:

"Isn't our mother the nicest mother! There isn't another mother in all the wide, wide world quite so good as ours!"

The shadows played in the corners of the little bare room like elves at hide-and-seek. They slipped behind the clock case, they snuggled down the woodbox, they crept back of the stove, they hunted for places to hide — there were not many places to hide in the little bare room; and then they suddenly danced out to clap hands with "I spy! — I spy!" and "You're IT — it — IT!" And then the next minute they did it all over again, while the street lights twinkled and blinked, jealously; and somewhere a hand organ played soft music. Brooding night peered curiously in at the curtainless windows, but nobody cared; nobody noticed; they were so happy together, the charwoman and her children.

Which

There are those who contend as this liferoad they
wend

That they purpose to have a good time
Without thought of the morrow — no care do
they borrow
Of stern duty or honor sublime!

There are others who say as they travel life's way,
"Oh, I'll never live this day again,
So I'll give of my best to meet life's every test,
That my life may be lived not in vain."

Now be honest and true, which appeals most to
you,
As you ponder the viewpoints I've quoted?
Would you live just for fun or to win in life's run,
To your God and your ideals devoted?

Caroline L. Sumner

The Tiny House

By Ruth Merton

THE tiny house has seldom solved the problem of adequate privacy for the individual, and has been rejected by many families of simple tastes and modest incomes because in it they found themselves continually in each other's way, and felt that their life as a family and all their household arrangements were too much under the scrutiny of their most casual visitor.

Now the defect is, we believe, due not so much to the size of the house, as to its plan, the distribution of its rooms and its lack of suitability to the needs of its tenants.

We choose a house which has the correct number of rooms, and, quite ignoring the importance of the æsthetic, we settle down in it as best we may, with little thought as to whether or not it suits us in general character and personality.

Of course it is ridiculous to talk of the personality of houses. That is, most practical people would consider themselves bound to laugh, if told that they would be happier in a square house than a long one, or that Colonial architecture and antique furniture did not suit them.

Yet, as a matter of fact, one should choose the shape and character of one's house as carefully as the colors and style of one's clothes; for many are the mistakes of judgment in architecture which seriously interfere with the business of life, to say nothing of its pleasure!

Unfortunately, here in America, too many houses are put up with an eye to the "average" tenant and with no thought of any particular family and its particular characteristics and needs. As the average human being exists only in calculations, and the average house is alas! the easiest to build, thousands of misfits occur between the man and his home.

Even if a family plans its house, the architect in too many cases aims to

follow his own ideas instead of trying to properly interpret the individuality of the family. Or, if he sincerely tries to carry out the desires of his client, he fails in the difficult task of making them practical and æsthetic, and at the same time acceptable to the man whose house it is.

If every person who starts to build a house, could divest himself of all preconceived notions of what is necessary in a house, and could see himself set down suddenly on his plot of ground, and obliged to make for himself a structure which could best serve the purposes of his daily life, we should soon have houses almost perfect in balance and design, although the man who built them was neither artist nor architect.

This is well shown in the houses of European peasants, and, though we admire the picturesqueness of their buildings, and the appropriateness of these buildings to their use and surroundings, we seldom dream that our own houses should follow the same laws in choice of essentials.

There was once a bride and groom who, in violent revolt against all convention, started out to keep house with nothing but a mattress and some cooking utensils. They soon discovered what furniture was really essential to people of their pursuits, and, as it became necessary, added to their stock, tables, chairs and many things which are found in the most conventional houses. Strangely enough, bookshelves were discovered to be of the utmost importance in this particular case, and were soon given a prominent and dominating place in the principal room. The rest was furnished always with reference to that book-lined wall.

Then there was another family, who, having reluctantly disposed of "parlor" and "bedroom suites" when moving to

the city, could not bring themselves to part with a monstrous engraving in a six-foot walnut frame, and always had to consider that picture when they wished to rent another apartment. Finally they built a house more or less after their own hearts, and that engraving hangs permanently enshrined in the most conspicuous place above the living-room mantel. And to tell the truth, it seems to suit the place, and the house and its occupants, very well indeed.

Now these two families certainly had a very definite idea of what they considered important, and if they followed out, step by step, in the building of their respective houses, this method of attending first to the essentials, they have made themselves admirable homes.

So few people know what they really want when it comes to houses. They admire this and that house along the road, never taking into consideration that probably what appeals to them is the extreme fitness of the house to its present use and owner.

Who has not seen a place, which, almost ugly in the hands of a certain family, suddenly, through a change of ownership, took on a charm and interest not to be accounted for in any external or visible alterations?

Or again have you not seen an empty house about which lingers the characteristics of its one-time occupant?

Who can doubt that houses lose or improve in beauty according to their adaptability to the life of their inmates?

It is not always the person who *wants* to live in a tiny house and considers the tiny house the best expression of his personality, who is obliged to confine himself to four or five rooms.

But even to this supposed misfit in the tiny house, there are words of comfort if he will but heed them, and, if he chooses, his small house may become his castle, with boundless space for his lonely meditation.

First of all he must rid himself of traditions, and be willing to set his little house

on its plot not according to the prevailing custom, but with no guide but the land itself and the points of the compass. Let him stand on that plot on a hot day, on a cold day, on a windy day, on a wet day, and let him determine the location of each and every room according to his own needs, and be not afraid to put the kitchen on the street and his front door at the side, if that seems to him the best arrangement after due consideration of the elements.

The ground-plan and the site will determine the style of architecture, if our client has the strength to put aside his pre-conceptions about "periods" and let himself be guided purely by the shapes and proportions he has marked to represent his rooms.

He will find it easier, if he traces the plan on a clean, white paper, then goes over it, room by room, noting the direction each one faces, taking account of the sunshine which will enter, and at what time of day in the different seasons, remarking the view to be framed by each window when the house shall stand built upon its plot.

Next he must think about all his furniture, and find on his plan a space large enough to hold each and every necessary chair and table. And not only must they fit, and leave space for getting about, but they must seem to stay where they are put and not come looming from the white sheet in uncomfortable blots, nor look like islands in a map of the South Pacific Ocean.

To be really happy in a small house, one must renounce. I say in a small house, though as a matter of fact, every house is the more livable for containing only what is absolutely necessary.

But if the man of the tiny house happens to have some special furniture which cannot by rights be included in the plan, and is not to be renounced, he must not make the mistake of thinking he will find a place for it once the house is furnished. This would be to damn his tiny house and make it just another misfit.

So if he possesses a typewriter, or a bicycle, or a baby-carriage, which is essential to his happiness, he must find a niche for it in his plan, before the house is built. And when he has successfully done this he will have come upon the secret of happy life in a tiny house; that is, a place for every necessary thing, every necessary thing in its place, and plenty of clear floor space left over.

Now I dare say, if most of us thought about it at all, we should discover that many things we take for granted in the average house, can be quite well eliminated in *our* house. This is especially true in a tiny house.

Take dining rooms, and dining-room furniture, for instance.

No one doubts that a large family, living in a fair-sized house, may probably need a room set apart in which to take their meals. This is especially true where there are servants.

A large family in a small house will find that, with only a few rooms at their disposal, they will be more comfortable, if, instead of giving up a room to be used only three times a day as a place in which to eat, they shall make two living rooms and eat in one of them.

As for the small family in a tiny house, they may discover that a kitchen, planned also as a dining room, will solve the question of adequate breathing space for them in what would otherwise be cramped quarters.

"Eat in the living room!" says a horrified upholder of all that is orthodox. And when it comes to eating in the kitchen, even some of the radicals and independents seem unenthusiastic.

And yet in houses all over the country — especially on farms — dining rooms stand empty and unused through more than half the year, attesting to the popularity of kitchens as places to eat. And who ever disputes the charm of Sunday evening supper eaten off the laundry tubs!

As for living rooms, some attempt has been made to build combination living and dining rooms, but they are usually

unsatisfactory because they are neither one thing nor the other and fail as both.

What we need is an out and out renaissance of all ideas on the subject of dining rooms, and a consequent honest putting-by of our old associations and prejudices, in order to see them rejuvenated and usable once more.

The dining room more than any other room is a place where the family assembles "*en masse*."

It should, therefore, be the largest room in the house, especially if the family is a hospitable one which often entertains at meals.

But in a house of only a moderate number of rooms it seems a shame to give up the largest room to be used only three times a day. In a tiny house it would be absolutely stupid.

So the logical thing to do is to make the largest room a real assembly room at meal time or any other time when the whole family is to be together. "But," some one objects, "how about dining room furniture?" And I reply that any one who has thoroughly divested himself of his old prejudices, will find that in this day of well-planned pantries and built-in cupboards, sideboards, china cabinets and other bulky furniture (all belonging, by the way, to a formal age when rooms were never less than thirty feet long) are only an encumbrance and have outlived any use they ever had.

A dining table and chairs may be as integral a part of the living-room furniture as any other table and chairs. And a small serving table is certainly not out of place when it may take so many different forms, and range all the way from a simple side table to one of the ornamental consoles so popular at present.

There you have, then, a large room which comfortably holds the family at meals and other times, which is, in fact, a real "living room."

The next step is to provide an "other room."

We have all suffered a bit from that tendency which, some years ago, induced

us to build houses in which the living room occupied the whole first floor. We liked the feeling of space it gave us to dispose ruthlessly of all partition walls and step through our front door into an apartment where we sat, ate, entertained, worked, and amused ourselves all together — a joyous ideal family around a field-stone fireplace!

But lately we have had a reaction.

We found it was not quite comfortable to sit in a room into which opened a stairway and a front door. No matter how close to the fire we got there were draughts playing about, and, as a nation, we cannot abide draughts.

The room was no work-room either; for in spite of the numerous alcoves and nooks, we could never seem to get far enough away from the chatter about the fire really to bury ourselves in the subject of our thoughts.

Then it must always happen that on the very day when we felt least inclined to ask any one to eat with us, some one arrived just as lunch was set forth in the living room, and we hastened to lay another place at table and be hospitable whether we would or no.

And oh! the tragedy of tragedies when, on a hot afternoon, we dallied and lingered over late magazines instead of going up to dress, and were caught by a formal caller who was ushered in before we could make a dash up the too-open stairway — the one and only stairway in this "back-to-nature" house!

By such circumstances we have come to believe in "other rooms."

The other room may take many and various forms according to the tastes of the family. As a library, a salon, a music-room or a study, it does duty both as a quiet place of retirement or as a formal reception room when the living-room is out of the question; and no matter what name it takes or how it is furnished, the "other room" is not to be dispensed with if the tiny house is to be a success.

So if there are to be only two rooms on the first floor of your tiny house, be sure to have one of them an "other room."

Of course, you must have a kitchen. Some effort has been made lately to suppress kitchens under the delusion that they are horrible places where women drudge their lives away.

It is far from our thought to dispute the fact that drudgery, and kitchens are certainly linked together in some indissoluble way. On the contrary, let us admit the fact, and set about a reform in kitchens and consequent abolition of drudgery.

Of late years — all the time we have been constructing kitchenettes and kitchenless apartments, in fact — we have fallen more and more under the charm of American Colonial houses, and have imitated as nearly as possible, under modern conditions, the architecture, the furniture, and decorations of the time when our ancestors were adapting themselves to life in a new country. But we have seemed to overlook entirely one of the most charming features of the simple Colonial house — its kitchen.

It is never wise to try to resurrect the past, no matter how much we think it an improvement on the present. On the whole it is only very near-sighted people who cannot see that whatever was worth bringing out of the past has lived, and is now so incorporated with the present that we no longer distinguish it as part of the past.

So the charming Colonial kitchen has survived, but not as a kitchen. We have kept the living-room idea of it, and discarded the kitchen part that got mixed up with drudgery and women's wasted lives. And so kitchens are in danger of quite going out of houses at all, except as they exist in laboratory-like spotlessness in some homes, or as the dens of shiftless servants in others, or as toy kitchenettes in still others.

(Concluded in November)

Misery Entertains Company

By Agnes Louise Dean

MISERY really does love company — after they have been fed and sped. That is the funny thing, almost the *only* funny thing about Misery, I mean about my sister-in-law. Her real name is Persis. That any of our hilarious tribe, Sunny Jim most of all, should marry a person named Persis!

Jim calls her "Percy," of course, and acts proud of her fastidious housekeeping. But young Michael's name for the wife of his adored big brother is "Misery."

Mollie and I cannot make him stop it — you know how it is with a youngster whose eyes are blue and whose hair is red, he does as he likes. Never to her face, nor when Jim can hear him; but always when we are around, and Persis herself may drop in any minute.

A bad boy is Michael, but discerning. Jim's wife is beautiful, and it is sweet dresses she wears, but about housekeeping she is serious minded. She keeps house grimly; and when she entertains, holy angels, what a mockery of hospitality she makes of it!

We have always been poor enough to be busy; and busy enough to be happy. The cradle was mostly earning its keep; though before Michael came it idled a matter of five years in the attic. Father and mother, Heaven rest them, worked early and late, and died while there was still laughter in their throats and a twinkle in their eyes.

It was "set an extra plate, some of you; a friend sups with us," when father brought home a crony, or a good cousin stepped in for an hour's chat. That is as it should be in big families where love makes the potatoes go around and a joke or two comes out with the scrapings of the bean-pot.

Furthermore, mother was a great hand for special parties. She had practice, bless her, with our little birthday doings,

and the frosted cakes with our names on that the children of the neighborhood were bidden in to share with us.

She liked our big, shabby house to put a good foot foremost when there was "company," and the old gold and white china was to be used, and the cake according to Grandmother Malone's receipt, and the child whose turn it was could beat up the nine eggs.

Oh, to be sure, mother had a way with her we were that pleased to run our legs off fixing up for company! There'd be Jim mending the fence, with little Michael standing by, holding nails. And Mollie and I sweeping out the front chamber, singing frolicsome tunes in spite of the choking dust. And the twins setting out (as soon as ever they'd cleared the breakfast dishpan) for the handsome bunches of wild flowers they knew the whereabouts of — and no one else did. There'd be father, extra careful to wipe his shoes on the doormat, and to knock out his pipe without the door. There'd be the best tablecloth, with its deep, straight creases; and what silver we had shining like the altar service; and our goblets polished like soap bubbles.

Sure we were busy — and excited. It was like Christmas eve for laughter and scrambling; and the house scented with news of mother's biscuits and fried chicken. Everybody was that happy! The big girls scrubbing the little ones and tying their hair ribbons and buttoning their white ruffled dresses. Jim would have an eye to the part of Ray's hair; and send a comb through Michael's curls, Michael letting him, for there was company coming, and it had to be. Mother would be in her sprigged lawn, and joking while she looked us over, but her glance missed nothing, and we were a credit to her when the company trooped up to lay its wraps on the front chamber bed.

Mollie and I, when we were old enough, fetched and carried from the kitchen, father heaped the plates as often as they were passed, with a joke here, and a wish-bone there, and good cream gravy in plenty.

You may be sure the company loved mother, and she them, and her parties were spoken of all about. But the best of it was how we all grew up to think that having company was a great treat and good fortune, and making ready for guests a big piece of luck to have a share in.

I'm wishing mother could have lived to teach Persis, Jim's wife, what having company ought to be like, for Jim's sake, and for the sake of Jim's children—if God sends them any! She'll not learn it from us, for it's a bit condescending towards us she feels; nor from Jim either, he being the lovable sort that takes color from the woman he wants to please. Once it was mother's spell he was under, but I misdoubt he is veering about to catch "Percy's" view of things. So there's no help coming to Jim's wife—and she needing it sore.

For 'tis thus Persis has in the company.

"Jim," she'll say, and he will drop down the newspaper at the sound of doom in her pretty voice, "we are obliged to have the Forresters for dinner. 'Twas months ago they had us there."

"Sure we'll have 'em," says Jim. "How jolly! Pick your night. Would you think to have the Thomases and the Browns, too? I like enough of a crowd to swing it."

"Mercy, yes," says Persis, "we owe *them* a dinner, too. A very *nice* dinner."

So far, good enough, though Jim sees a look in Persis' eyes that makes him add, "Don't let's make too much work of it, Percy."

But, bless you, what Persis will make of it is no such wholesome and honest thing as a bit of work. From the moment the company accepts—and 'tis a lie that they'd be pleased to come, if they could know of the disruptions and tor-

ments poor Jim will undergo for their sakes—from the moment that Persis gets the word, her name is Misery, as young Michael truly says.

For she breathes hard, and her sweet eyes stare; and it's up by the roots must come her small house and all in it. What with a loose tile set in the bathroom, and a lick of paint to the window-boxes; what with fresh curtains everywhere, and an extra dozen of party plates to choose, there is a great to-do and bustle.

With Jim so handy, you might think 'twould be a pleasure, his helping around, but Misery (yes, I'll take over Michael's name for her) pulls a woeful face at his whistling, and an absent ear she turns to his jokes.

Misery is giving a party: let no dog laugh. Misery is giving an exquisite party: let no one be light hearted lest some detail be overlooked. Misery is giving the best party she knows how—but dancing, that blessed dancing of the heart, is left out entirely.

With us, 'twas a pleasure mixing a cake and seeing it come out of the oven a perfect thing. But Misery stirs up her batter with a face that grim you'd think she was Lucretia Borgia herself, and the poisons misbehaving at the eleventh hour!

Mother used to wheedle and encourage the colleen she had in to help her when need was, and her smile gave the timid a warm feeling of consequence. But Misery is one to expect little and get less, with her own nerves up edgeways, and her tongue as crisp as a wafer of bacon.

However, she is a proud woman, is Jim's wife, Misery. Her days of gloomy exertion, when the happiness of her household flies before the driving of her will, end in a party that does her fine credit.

All is in order; candles shine softly on hot house flowers; the table is fitly spread; the food is so good that no better can be had anywhere; it is served quietly by a neat, watchful maid whose hands shake only a little; Misery looks charming, and Jim begins to relax.

At first he is like to have the expression of one who has been holding his breath under water and has just come up for air.

I have been at some of Misery's parties, for Misery regards Mollie and me as part of her duty to Jim; and she truly wishes to please Jim, does Misery. But what with the flowers and the candles and the shadow of Misery's joyless preparation across the feast, I feel as one in a house of mourning and my heart keening for that which should be the glory of the home, dead in the next room. I eat the good food in sorrow, and the taste of it is as salt as tears.

When the guests are gone, the beauty of relief from tension sits between Persis' brows.

"I am proud of you, darling," says Jim, big, comfortable, loyal Jim. "It was a thumping success."

"It *was* a nice party, I think," says Persis, looking happy for the first time in a week, "certainly I tried hard enough!"

But sure 'tis a husband's sister will grudge the wife her hour of triumph. I grudge it to Persis, minding me of Jim's mother and mine, and the shining of her happy eyes as she made all fit for company.

Dishes to Make Food Most Attractive

By Marion Brownfield

WE hear a great deal about "the psychology" of this, that and the other. The psychology of color is a favorite topic for the psychologist as well as the interior decorator, for it is recognized that cheer and content—such essential home virtues—are very largely influenced by pleasant color combinations.

On the table the effect of color has doubtless an influence upon the appetite. Not only serving foods daintily in dishes that set it off to best advantage encourages appetite and good digestion, but, stimulates jaded palates. Change from sheer monotony indeed is what makes other people's cooking—no better than ours—taste good. Different tableware, too, makes food seem to have a different flavor. So variety of dishes, used for a change with the same recipe, makes a difference that is unconsciously transferred to the enjoyment of the food itself. For this reason a little study in serving foods in dishes that by color-contrast or harmony, set them off, really pays the thoughtful housewife.

Some suggestions for different foods in dishes of different colors follow. Blue dishes, of which every household is pretty sure to have some, set off particularly anything yellow in hue. Thus oranges, apples (yellow or red), eggs, Hubbard squash and such yellow foods as cornbread, cornstarch pudding and custards all look delightful in blue dishes. Red foods also look well, but have more contrast with green ware, so will be spoken of farther along.

White dishes with gold bands have a pleasing delicacy and are therefore suitable for dainty effects. Crisp blanched lettuce, water cress, pineapple and watermelon are appetizing served in them. Foods of strong flavor sometimes need a simple background, also. Onions, fish and wieners, for this reason, may be palatable in these dishes.

Yellow dishes which may be banded, flowered or plain, offer a great opportunity for a cheerful effect. Foods that have no great charm of color themselves look well in yellow. Thus a steak, chops or hash gain a certain richness in these

dishes. Macaroni, a colorless food, unless combined with tomato, gains character in a yellow dish. Chocolate recipes make an effective contrast, also, while purple foods such as grapes, blackberries and plums, either fresh or in sauce, go effectively in yellow dishes.

Red foods contrast strikingly in green dishes of which there are many designs. Banded, flowered or the delicately solid pale green Seiji ware are a few of the artistic varieties of green ware. Beets, salmon, strawberries, raspberries, cherries, gelatines, desserts, frosted cakes and ice cream look invitingly cool in green for summer service.

Pink dishes should be reserved for white foods. Among these are cereals of all kinds, mashed or riced potatoes, white cakes, plain or frosted, vanilla ice cream and white desserts such as rice Rebecca, pudding, junket and so forth.

Red dishes of Japanese design may effectively hold green foods such as green peppers, cucumbers, string beans, peas. They also add character to colorless foods. And strawberries make a pleasing all-red effect in them that seems to add lusciousness to the berries.

The very colorful dishes, of which every one has a few, are often just the thing to make certain foods tempting. Chocolate, lemon gelatine and white foods should be tried in these dishes for pleasure.

Of course a great deal depends upon the season both as to food and dishes. In general, brighter colored dishes are more cheerful in winter and daintier hues are more enjoyable in hot weather.

Glassware, especially, is attractive for the summer table as it is so cool looking. Even cocoa, coffee and desserts can be contrived to be served in glassware. The plain puddings of rice or bread, indeed, garnished with fruit or jelly, or accompanied by sauce, look far more attractive served in glass punch-cups or sundae glasses, than in the usual saucers. Glass saucers, however, are useful for cereal, fruit and even salad. Prunes in gold banded goblets of glass, topped with whipped cream or marshmallow, are very alluring, while all fruits, ices and gelatines look refreshing in glassware. The large variety of glassware manufactured nowadays, from cooking ware to the exquisite Venetian glass designed for beverages, fruit, bonbons, finger bowls and flowers, makes it possible to serve practically everything in glassware if so desired. Pie and casserole recipes can, indeed, be served right from the oven to the table. And as glass is often reserved for company use only, why not surprise the family occasionally with a pleasing change?

Instead of serving strawberries, halved peaches and figs in saucers, try serving them next time on small bread-and-butter plates that contrast effectively — adding a sprinkling of powdered sugar and a green leaf as a garnish.

Cake, cookies, doughnuts, sandwiches and breads of all kinds as well as fruit and nuts are good to look upon in a basket. And here variety also is possible. A paper doily is sufficient protection and saves dish washing.

The Storm

The winds rage and howl my cabin about
 With ghoulish glee, they clamor and shout.
 They roar down the chimney and shake the walls,
 They try to appall me with shrieking calls;
 But serene, in warmth and peace, I hurl
 Defiance to their deafening whirl.
 In anchorage firm, my house and I
 Fierce storms and threats forever defy,
 For my house and I are types of thought,
 To which earth's shocks become as naught.

Hattie H. d'Autremont.

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

WOOING SLEEP

Fitful sleep, the saucy maid,
Refused last night my lids to kiss.
Wide-eyed, then I sought to find
What day-time things I'd done amiss.

Drowsy poppy tricks I droned,
Baby lullabys I crooned,
Even all my prayers intoned,
But far away she stayed.

Flashing lights passed by my door,
To count them as they went I tried.
Stars above like jewels gleamed,
How many worlds, I wondering, cried!

All my life, a pageant bold,
Night's cinema then unrolled,
Every deed and thought there told.
(Oh, where was the wayward maid?)

At last, to woo her I refused.
"I care not when she comes," I mused.
"I will not call her name."
And then it was, she came.

Hattie H. d'Autremont.

THE TINY HOUSE

WE invite the attention of our readers to our article in this number on the Tiny House. The article is so complete and well done, we felt

constrained to give it a place, though it is somewhat long for our pages. We print it in two installments, the second of which is, perhaps, better than the first.

Do not, however, be misled by the title into building a small house for a permanent home. Perhaps this tendency is necessary in these days, when the clamor for houses is loud and insistent and the demand cannot be met. People are more likely to build too small, rather than too large a house. The small house with its pinched rooms and cramped appointments can never be satisfactory and will prove to be a life-long disappointment. Of course, one must adapt his dwelling more or less to his needs and requirements. At the same time, he should consider the future and aspire to build for comfort and contentment.

We see much of our houses, for we are wont to occupy them many years. This means a good deal more to us than can well be told. Our tastes, our aspirations, and our ideals, all are largely revealed in our houses and environments. Certainly no less pleasure is derived from the building and furnishing of one's own house than in dwelling therein. Do not hurry, then, in its construction. Prolong the pleasure and study of housemaking. May the house that holds our household penates be of no mean proportions, may it be built with painstaking care and thought—in a word, may it be a place fit to live in.

At any rate, read carefully our article by Mrs. Merton and note the study and thought given to the scope and design of the modern tiny house.

FOOD PRICES GOING UP

BY two bulletins, which have just been issued, the department of labor serves notice on the public that the retail prices of food have begun to mount again. During the month from June 15 to July 15, 1921, the prices rose in all but three of the fourteen principal cities of the United States. The larger increases were 5 per cent in Boston,

Portland, Me., Cleveland and Denver; 6 per cent in Indianapolis and Butte, 7 per cent in Buffalo and 8 per cent in Minneapolis. Thus it appears that the movement extends over a large part of the country. The change may represent a growing tendency or only a mere fluctuation. Which it is cannot be known without further experience. The figures for the year, from July 15, 1920, to July 15, 1921, are brighter. They show how the prices fell during the twelve months, the decreases ranging from 30 per cent in Boston to 38 per cent in Omaha.

Again there comes the darker shade when we turn to the comparison between the retail cost of food in July, 1913, and the cost in July, 1921. Notwithstanding the considerable decrease in the last twelve months, the present prices average about 50 per cent more than the prices of eight years ago, the increases ranging from 37 per cent in Louisville to 54 per cent in Boston and 57 per cent in Washington, D. C. But it may be well to remember that if we had been in Europe we should have fared worse. The final report of the joint committee of the British trades union congress, the labor party and the co-operative union states that the cost of living in September, 1920, was 189 per cent above the level of July, 1914. Never have we had to bear a burden so great as that which the British have carried. And in other European countries the people have bent under heavier loads. Who wants war again?

— *The Herald.*

WHY should food prices go up? No good and valid reason seems to be given why the price of food and fuel in this country should go up. Occasionally we read about a scarcity of fuel or some article of food and at once feel certain some one is trying to scare us into immediate purchase. In case an adequate supply of fuel has not been mined and marketed, it is due to culpable neglect or lack of efficiency somewhere.

In case our food supply is not plentiful and reasonable in price, let some one, not interested in maintaining the present scale of prices, arise and explain. We are no longer to be scared and cajoled by selfish propaganda. The fact is we have too many corporations, too many combines, too many associations, all concerned in keeping up the high prices of commodities. Thousands are idle; production is in demand. Why do we not all settle down in honest toil and effort to produce and still produce? The world is our market-place.

REDUCTION OF EXPENDITURES

THIS dull old world is at last opening its eyes to its choice between money and munitions.

At last, people seem to realize that expenditures must be reduced, that we may be relieved from our excessive burdens of taxation and prosperity be restored. Where else, for example, can the tragedy of the competition in armaments be found more tersely stated than by our President: "The enormous disbursements in the rivalries of armaments manifestly constitute the greater part of the encumbrance upon enterprise and national prosperity; and avoidable or extravagant expense of this nature is not only without economic justification, but is a constant menace to the peace of the world rather than an assurance of its preservation."

To reduce expenses we must buy fewer things, that is, spend less and, consequently, have less. Waste and extravagance of every kind must be cut off. How can taxation, direct or indirect, be reduced and at the same time expenditures be increased? Both must come away down. The prices of all things must be greatly reduced.

We got into our present unfortunate condition by raising wages and the cost of every necessity of life. Our government was responsible; the bills were endorsed. Now the process must be reversed. Wages must decline and the cost of the necessities of life must be

reduced. The decline must be all round, and without exception. There is no other solution of our economic problem. No one, at the present time, is inclined to build houses or enter upon new enterprises with prices that now prevail. It means loss and failure. People are tired of the exhibition of extravagance in high places, lavish public expenditures, and excess profits of the few. They are staggered at the thought of world indebtedness. The cry for disarmament is universal. With the cost of a single battleship a deal of good could be done in the way of education and enlightenment, of which the country is greatly in need. In short, we have wandered far from the path of thrift and prosperity; let us now retrace our steps and once more pursue steadily the beaten trail of progress onward and upward to the summit of our ambition.

A MAINE SENATOR'S LETTERS

A MAINE paper does well to spread before its readers some extracts from the "intimate letters" of John Fairfield, well remembered as a Governor of Maine and a representative of his state in both houses of Congress. The names of many interesting men, long gone but well remembered, abound in this correspondence, and references to events that were vital topics of conversation in the 1840's, although yielding only amusement today. Consider, for instance, some of the allusions in his telling his wife in Maine about the dinners he attended at Washington.

In December, 1844, he dines with the widow of the fourth President. He says: "I found Dolly Madison a pretty good trencherman, I can assure you. I thought she ate enormously. She appeared, though, younger and handsomer than I ever saw her before and was in fine spirits." When Senator Fairfield goes to dine with Mr. Packinham, the British minister, a bachelor of 55, living in Daniel Webster's house, he partakes of a simple meal, which includes soup

and fish, sweetbread, chicken "curiously cooked," canvasback ducks, boiled ham, oyster pie, saddle of mutton, "intermixed with jellied jams and sauces," and ending with "icecreams, cakes, grapes and knick-knacks, and at that he has not enumerated probably more than half." And those we think of as the days of plain living and high thinking.

Miss Helen Kinne went to Teacher's College, N. Y., and began her teaching in 1891. During her years of work she trained about 3,000 teachers of home economics who are now rendering service in all parts of the world.

"When the history of home economics is written, Miss Kinne will be counted among the half-dozen national leaders who in the early development of this work won a place for it in the school curriculum, and by training competent teachers made that place secure. Her own department at Teachers College increased from a mere handful of students to over a thousand each year in regular and special courses. In the country at large the subject has found a place in most of the women's colleges, in a large number of universities, and in nearly every public normal school and public school system."

This entire growth and development of home economics has been witnessed by
AMERICAN COOKERY.

MIRAGE

Tonight the crowds press hard on me,
A surging, smothering tide.
Under the lights they love to see
They sway from side to side.

Yet even as I draw swift breath
To hold my thoughts my own,
That throng is no more real than death —
A vision past me blown.

I know it but a drifting dream —
A mist-wreath whirling by,
For I have lingered by a stream
Under a sunset sky.

I know — the scents of fern and pine —
How sun-warm grasses feel —
Cool o' the woods — No longer mine,
But nothing else is real!

Aldis Dunbar.



FISH CAKES

BAKED BEANS

BROWN BREAD

NEW ENGLAND SUNDAY MORNING BREAKFAST

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Chicken and Olive Soup

REMOVE the stones from thirty ripe olives by slitting them open carefully at the side with a small French boning knife, making the incision barely large enough to remove the stone. Then slice each crosswise in rather thin slices, most of which should be rings. Cook, at simmering point only, for a quarter of an hour in three-fourths a cup of water, acidulated with one tablespoonful of lemon juice. Dissolve two quarts of jellied chicken stock, and when hot thicken with one tablespoonful and one-half of arrowroot; add the olives with the liquid in which they were cooked, season with salt and celery seed, and stir until the soup boils. Serve with saltines, toasted.

Gumbo Filet with Oysters

To one quart of chicken stock add the liquor from a quart of oysters and two ounces of fine-chopped cooked ham. Thicken with six tablespoonfuls of flour

rubbed to a paste with a little water and stirred into the broth. Add the oysters, and let cook until the gills separate, then stir in one-fourth a teaspoonful of powdered mixed herbs, and serve with wee croquettes of boiled rice, no bigger than a thimble, fried in deep fat until brown, and added to the tureen.

New England Sunday Breakfast Brown Bread

Sift together one cup, each, of rye meal, corn meal and Graham flour, one teaspoonful of salt, two teaspoonfuls and one-half of soda. Add two-thirds a cup of molasses and two cups of thick sour milk. Beat thoroughly, pour into mould, and let steam four hours.

Baked Beans

Let one pint of pea beans soak in cold water over night. In the morning wash and rinse. Pour into kettle; add one teaspoonful of soda and water to cover. Let come to the boiling point. Rinse thoroughly. Put one onion into a bean pot;

pour in one-half of the beans. Pour scalding water over one-fourth a pound of salt pork and after scoring rind place in bean-pot. Add the remaining beans. Mix four tablespoonfuls of molasses and one teaspoonful, each, of mustard and salt with hot water to pour and turn over the beans. Then add boiling water to cover. Put cover on bean-pot and bake eight hours in a moderate oven. Keep beans covered with water until last hour.

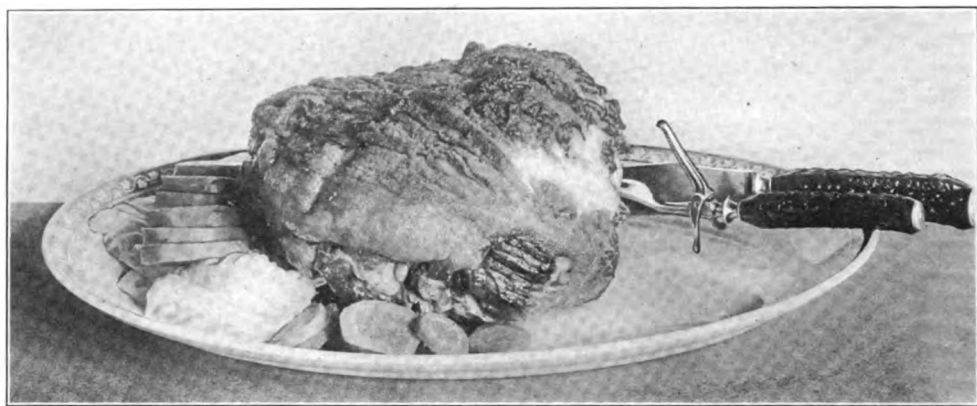
Fish Cakes

To half a package of shredded codfish (placed in a cloth, dipped and wrung out of cold water), add two cups of hot riced

toms in boiling salted water for thirty minutes or until tender. Drain and cut in dice, and cook with one tablespoonful of butter in a small pan until slightly brown. Make an omelet of four well-beaten eggs, three tablespoonfuls of butter, and seasoning to taste. When it begins to set, put the artichokes in the center, roll the omelet, and turn out on a hot platter.

Parsnip Breakfast Cakes

Scrape and cook enough parsnips to make one cup of the mashed vegetable, and add this to two cups of warm milk in which one compressed yeast cake has



LEG OF PORK, STUFFED AND ROASTED

potatoes, one tablespoonful of butter, also a sprinkle of salt and pepper. Shape and fry in deep fat.

Stuffed Leg of Pork

Remove bone from leg of pork. Stuff with one cup of cracker crumbs, mixed with salt, pepper, one-half a tablespoonful of poultry seasoning and one-fourth a cup of melted butter. Roast in a moderate oven four hours. Serve with cooked cabbage and carrots.

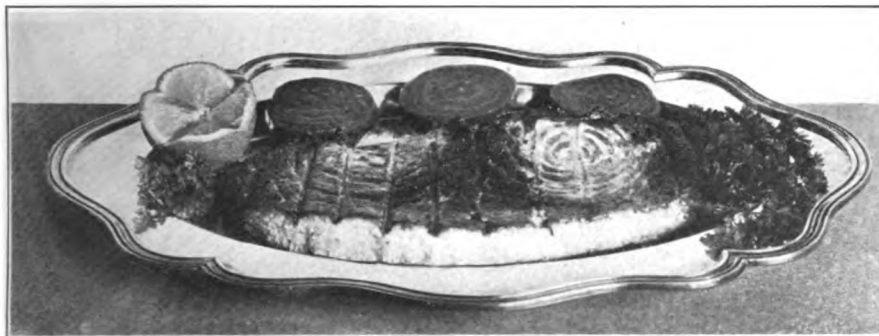
Omelet With Artichoke Bottoms

Remove the leaves from three young artichokes (if very young the leaves may be used for a salad, otherwise for a purée), take out the chokes, and cook the bot-

been blended, and two teaspoonfuls of salt, two tablespoonfuls of sugar, and one-half a cup of butter have been dissolved. Add flour to make a thick batter, about three cups, and let the mixture rise until double in bulk. Add flour enough to knead lightly, using as little as possible; roll into a thin sheet, cut into rounds about three inches in diameter, and lay on a greased baking sheet to rise again. Bake in a quick oven; split open and eat while hot.

Birds Without Bones

Spread over slices of beef tenderloin thin slices of cooked ham of exactly the same size; place in the center of each a few ripe olives and a little chopped sage;



BROILED SWORD FISH

roll, and tie firmly in middle and at ends, or secure with wooden toothpicks. Melt two or more tablespoonfuls of butter in a saucepan; add one-fourth a cup of chopped mushrooms, and cook until butter is colored. Add the birds, cook, turning over on all sides until brown; fill up saucepan with stock, cover, and cook until birds are done. Place on platter; add seasoning and thickening to the sauce, pour around the birds, and lay on each a slice of currant or apple jelly, cut from an unmoulded glass.

Broiled Sword Fish

Brush broiler with olive oil; broil fish ten minutes, season with lemon juice, butter, salt and chopped parsley. Serve with pickled beets.

Satisfying Vegetarian Dinner

Around a mound of chopped spinach place slices of grilled sweet potatoes, raw

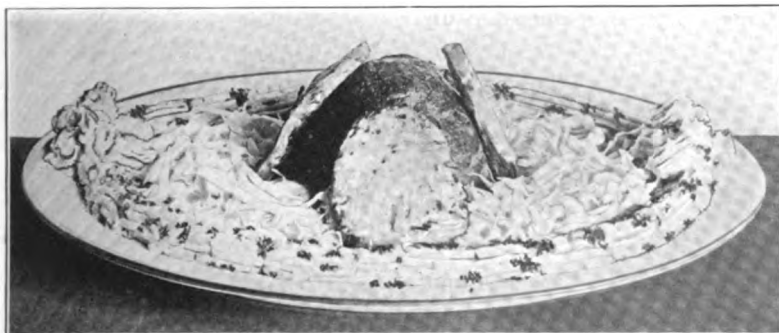
cabbage that has been sliced thin, rolled in a wet cloth and chilled on ice; and

Lima Bean Purée

Soak dried beans over night, drain, cover with cold water and let simmer until tender and the water has evaporated. Replenish with boiling water as needed during cooking. Season with salt when partly cooked. Press through a sieve; add butter or cream, black pepper and more salt if needed. Return to the fire to become hot. Pipe around edge of platter.

Creole Grillade

Cut slices of lamb, veal, mutton, or any tender meat, and partly cook them on a pan in olive oil mixed with chopped peppers, parsley, onions, and seasoned with salt. After turning them over in this mixture until brown, lift them into a casserole, and pour over them the grillade or mixture of oil and seasonings; add



A SATISFYING DINNER (MOULDED SPINACH, GRILLED SWEET POTATOES, SHREDDED CABBAGE, LIMA BEAN PURÉE)

one-half a cup of vinegar, cover with buttered crumbs, and complete the cooking by baking in a hot oven until the crumbs are browned

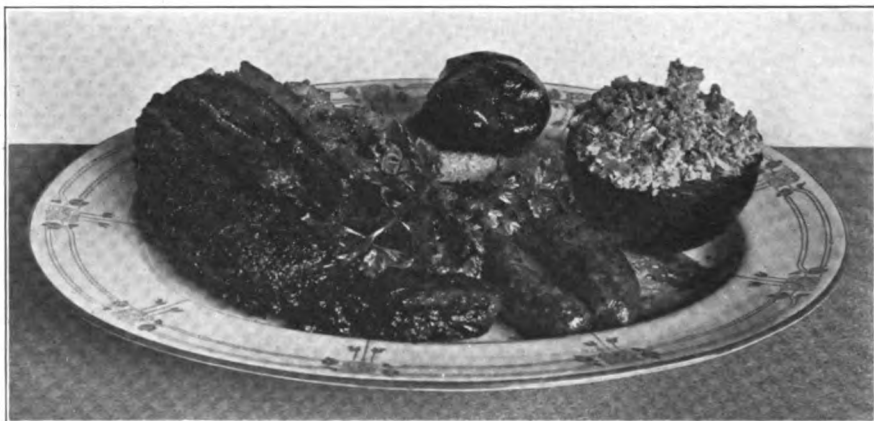
Fruit-and-Steak Pie

Divide into six pieces one pound and one-half of rump steak, and place on a bed of four large apples, pared, cored, and cut in slices, in the bottom of an earthen baking dish. Scatter over the meat one-half a pound of raisins, and dust the raisins with a mixture of ground cloves and pepper. Add three-fourths a cup of stock or water mixed with one-fourth a cup of vinegar; cover dish, and allow to

let boil fifteen minutes. Stir in two tablespoonsful of butter rubbed smooth with four tablespoonfuls of flour and cook until mixture is slightly thickened; add two beaten eggs, one-half a teaspoonful of powdered cinnamon, and the grated yellow rind of one-half a lemon. Stir over fire until eggs are set, and serve in bowls with a garnish of whipped cream.

Green-Gage Bread Pudding

Cut into one-inch dice one-half a loaf of stale bread, and arrange in a baking dish with alternate layers of canned green gages, with a layer of the bread on



MIXED GRILL (MUTTON CHOP, SAUSAGE, KIDNEY, BACON, STUFFED TOMATO)

stew in a moderate oven until meat is tender. Cover with a rich baking-powder biscuit dough, and bake with increasing heat until crust is brown.

Frumenty

Soak one cup of whole wheat (the unground kernels of wheat after reaping and thrashing) in cold water to cover, overnight, or put on to soak in the morning and allow to cook in fireless cooker overnight. The cooking should be prolonged until the kernels are soft, adding more water from time to time, if the fireless cooker is not used. Heat one quart of milk; add the wheat, and one cup of raisins and currants mixed, and

top. Pour over all a pint of rich milk mixed with two beaten eggs and one cup of sugar. Bake until bread is brown on top; garnish with dots of quince marmalade, and serve with a sauce made from the juice drained from the can of green gages, heated, sweetened, and flavored with the juice of one lemon.

Mixed Grill (Individual)

Broil one mutton chop, sauté one sliced lamb kidney, bake sausage, broil bacon. Arrange on platter with toast and one stuffed and baked tomato.

Sweet Potato Croquettes

Bake sweet potatoes. As soon as they



SWEET POTATO CROQUETTES

are soft, break apart, scrape out pulp, and pass through a coarse sieve. To each pint of pulp add one teaspoonful of salt, two tablespoonfuls of butter, one beaten egg and hot milk to make of consistency to handle. Form into shape, egg-and-bread-crumbs and fry in deep fat.

Castilian Salad

On lettuce leaves place pineapple sections decorated with slices of apple, grapes (cut in halves and seeds removed), bits of celery and Brazil nuts thin-sliced. Serve with French dressing or with boiled dressing.

Danish Pastry

Rinse a bowl and a wooden spoon in hot water, then in cold, letting cold water, changed once or twice, stand in the bowl

until the bowl is chilled. Then refill the bowl with cold water, and in it work $\frac{3}{4}$ a cup of butter, with the spoon, until the butter is pliable and waxy throughout. Then pat it into two thin cakes, pressing out all water — wrap in a cloth and chill until hard. Sift three cups of bread flour with one-fourth a teaspoonful of mace and one teaspoonful of salt; rub one of the pats of chilled butter into the sifted flour until the mixture resembles coarse meal. Beat three eggs and stir them with one cup of sugar, two cups of milk, grated rind of one lemon and a yeast cake softened in one-fourth a cup of luke-warm water; combine this mixture with the flour mixture. Beat very hard, adding more flour slowly (five or six cups) until the whole mixture becomes too stiff to handle with a spoon. Turn the dough on



CASTILIAN SALAD (PINEAPPLE, NUTS, APPLES, GRAPES, CELERY)



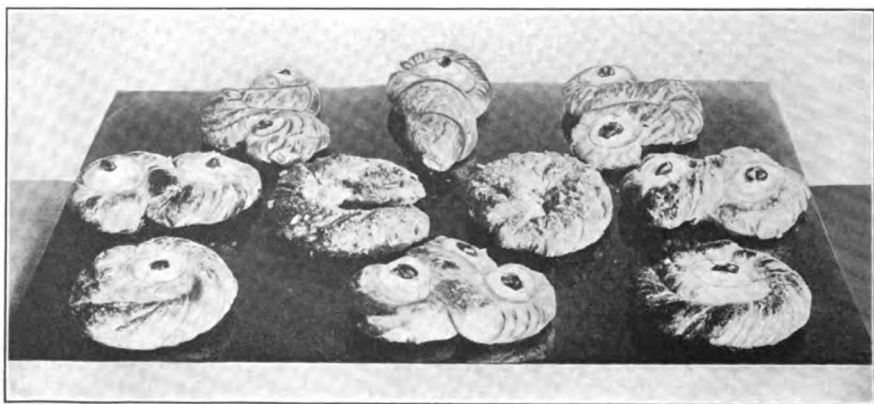
DANISH PASTRY (SET TO RISE)

a floured board and knead until elastic. Return the dough to the bowl, cover with a cloth and place in refrigerator for one-half hour. Chill rolling-pin by placing on ice for one hour. Dredge the moulding board lightly with flour and roll out the chilled dough into a rectangular sheet. Have the sheet of dough a little more than twice the width and three times the length of the second cake of chilled butter. Set the butter in the middle of the lower half of sheet of dough, the greatest length of the butter over the greatest length of the dough. Then turn the dough lengthwise over the butter, thus folding the dough in the center, lengthwise, and enclosing the butter. Press the three open edges of dough together, then fold one end of the dough over and the other under the butter. There will now

be three layers of dough over and three under the layer of butter. Now turn dough around, in order to roll the sheet of dough in a direction opposite to the first rolling. Then pat gently with pin and roll the dough into a long strip, taking pains to roll the butter between the layers of dough and without letting the dough break through to the butter. Fold to make three even layers with edges perfectly straight. Then turn dough half way round so as to roll in opposite direction. Repeat process three times. Place in refrigerator for one hour. Twist or roll or cut into desired shapes, arrange in buttered pans—brush with egg and milk mixture—set to rise in a warm temperature two hours, then place in refrigerator until next day. Bake in a moderate oven. Frost with confectioners' frosting; tinted as desired; or sprinkle with chopped nuts just before baking; or use as tartlet paste, or as buns, etc.

Pasta di Genova (Italian Cake)

Put into a patent cake-mixer the following ingredients in the order given: One-quarter pound, each, of raisins and currants; one-quarter pound of mixed candied peel, lemon, orange, citron, cut fine; one-half a pound of sifted flour; three-fourths a cup of sugar; four eggs; one cup of softened butter; and the grated yellow rind of one-half a lemon.



DANISH PASTRY (COOKED)

Turn the cake-mixer rapidly and long until the ingredients are thoroughly mixed — if too stiff a little milk may be added — pour into a tin lined with greased paper, and bake for forty-five minutes or until done. When cool ice with confectioner's sugar stirred into the unbeaten white of one egg, flavored with a little lemon juice, and sprinkle the top thick with chopped blanched almonds. Place the cake under a gas flame until both icing and nuts are delicately browned.

Mint Stick Ice Cream

Whip one pint of cream, and beat into

oughly mingled with one cup of granulated sugar, in one quart of half-milk and half-cream and stirring until smooth and thick. Let cool, and add a little almond flavoring if needed, and beat into the mixture one pint of heavy whipped cream. Freeze as usual.

Hallowe'en Cider Egg-Nog

Beat together the yolks of four eggs and the whites of three; add by degrees, and while beating vigorously, one quart of hot sweet cider and one or two tablespoonfuls of sugar. Pour into six glasses, filling them three-parts full. Beat the



HALLOWE'EN CIDER EGG-NOG

it the stiff-beaten whites of two eggs. Dissolve one-half a pound of mint stick-candy in a pint of milk, slightly warmed; let cool, and add to the whipped cream and egg-whites. Freeze, and serve in sherbet glasses garnished with candied mint leaves, or fine-chopped fresh leaves, or small green mint candies.

Almond Ice Cream

Blanch and pound to a smooth paste three ounces of sweet almonds and one ounce of the bitter. Add these to a quart of white sauce, made by cooking four tablespoonfuls of arrowroot, thor-

remaining egg-white with enough strawberry, cranberry, or other red syrup to color it — about a tablespoonful — and use this to decorate the glasses of egg-nog, sifting powdered sugar over the beaten white and serving with straws or muddlers.

Tea Tarts

Sift together one cup and one-fourth of pastry flour, one-fourth a teaspoonful of salt and one-fourth a teaspoonful of baking powder; with tips of fingers work in one-third of a cup shortening, then add cold water, a few drops at a time, until the



TEA TARTS

mixture forms a stiff paste. Roll into a rectangular sheet. Have ready one-fourth a cup of creamed butter; spread over the paste, then roll up like a jelly roll. Set on end, pat and roll into sheet, spread with jelly, roll from ends in two rolls toward center, cut off in slices one-half inch thick and bake in hot oven.

Peach Custard, Frozen

Boil one cup of water and one cup of sugar; add a dozen peaches, pared and quartered. If the stones are cracked and the kernels blanched and chopped, this will improve the flavor. Cook until peaches are pulpy, then sift through a colander, and add one-half a box of gelatine, hydrated in one cup of water and dissolved by heating the same. Stir in a custard made by cooking three beaten eggs in one cup and one-fourth of thin cream, sweetened with six tablespoonfuls of sugar. Set the bowl or saucepan containing the mixture into a

pan of cracked ice and salt in equal parts, and stir until it is thick, then put into a melon or other mould, cover close, seal the joints with any hard fat, and bury in ice and salt until serving time. The custard may be tinted a delicate pink with a little beet juice or any red coloring matter; or slightly yellow with a little saffron squeezed out of hot water.

Apricot Meringue Pie

Roll the paste as for any pie; lay over the inverted pie plate and trim to the edge of the plate; prick all over with a fork and set the plate on a baking sheet. Bake from five to ten minutes. Remove from the plate and set inside a clean plate of the same size and shape. Fill the shell with dried apricots, the hand peeled varieties are best, that have been cooked with sugar and a small piece of lemon rind. Cover with a meringue made by beating the whites of two eggs dry, then gradually beating in one-fourth a cup of granulated sugar. Bake in a very moderate oven until the meringue is a straw color.

Cherry-Plum Preserves

To one quart of boiling water add four pounds of sugar; when the boiling point is reached add four pounds of sugar plums, which have previously been wiped and pricked with a coarse needle. Let them boil very gently for one-half hour.



Have ready sterilized jars; fill them with the fruit and syrup and seal at once.

Pickled Salmon

Cut the salmon into one-inch slices; drop into boiling water, and cook for one minute. Lift out with a skimmer, and measure one pint of the water in which the fish was boiled; add this to two quarts of vinegar, one dozen, each, of white peppercorns, cloves, and blades of mace, two teaspoonfuls of made mustard, a heaping tablespoonful of sugar, a couple of shallots, minced, and two or three small red pepper-pods. Bring this pickle very slowly to a boil, and allow to boil for ten minutes, then drop in the salmon slices; let boil up for two minutes; lift out the fish into sterile jars; fill up with the boiling pickle, seal, and store in a cool, dark place. Halibut may be similarly pickled. Fish prepared in this way will keep for years. Freshen in cold water before using, and cook in boiling water.

Tomato Mustard

Slice six red pepper-pods; cut in halves one peck of tomatoes, and boil the two together for one hour. Strain, rub pulp through a colander, and return pulp and liquid to the kettle with the following seasonings: Two good-sized onions, chopped fine, one-fourth a pound of salt, and the following spices tied loosely in bags and pounded before adding to the kettle: One-half an ounce, each, of whole cloves and mace, one ounce of allspice, one ounce of whole black pepper. Boil again until very thick; lift kettle from fire and let contents cool; then stir in, a little at a time, one-fourth a pound of dry mustard, one teaspoonful of cayenne, and one cup of cider vinegar. Keep stirring until all are well incorporated, then bottle, seal, and keep in a cool, dark place.

Venison Steaks in Chafing-Dish

For four small steaks put into the

chafing-dish two tablespoonfuls of butter, and when hot add the steaks, cut not more than one-half inch thick. Keep turning until well browned on the outside, then remove to a hot platter, cover, and set in a warm place until the sauce is ready to pour over them. This is made by adding two tablespoonfuls of flour mixed with one-fourth a teaspoonful of salt and one-eighth a teaspoonful of pepper to the fat in the dish, stirring it smooth, and then adding one cup of stock, one-third a cup of currant or wild grape jelly, and one tablespoonful of lemon juice. Let all boil, and pour over the steaks. Just before serving place on each steak a small pat of fresh, unsalted butter.

Mutton Hot Pot

Pare and slice from four to six potatoes, lay a layer of the slices in the bottom of a large casserole, and place over them three mutton chops from the loin. Add two kidneys, chopped with one onion, salt and pepper, and a half-dozen oysters. Repeat, making another layer of sliced potatoes, chops, kidneys, onions and oysters. Place a layer of the potatoes at the top, pour over all a cup of stock or water, cover, and bake in a slow oven for three hours.

Corn-and-Chicken Pudding

Cut up a young chicken and sauté in butter on a hot pan until brown. Cook a dozen ears of corn, cut from cob, and add to a custard made by thickening a quart of chicken or veal stock with four tablespoonfuls of flour, blended with four tablespoonfuls of butter, and stirred over fire until thick, seasoned with celery salt, and having two to four beaten eggs stirred into it the last thing. Arrange the browned pieces of chicken in a casserole, alternately, with the corn custard, cover with a layer of mashed potatoes with fine-ground, hard cheese sprinkled over the top; bake until the top is brown.

Seasonable Menus for Week in October

SUNDAY

Breakfast
Casaba Melon
Puffed Wheat with Cream
Tomato Omelet with Shredded Lettuce
Buttered Toast
Coffee

Dinner
Roast Leg of Lamb
Currant Jelly Mint Sauce
Savory Rice Baked Squash
Vanderbilt Salad
Café Noir

Supper
Broiled Oysters
Apple-and-Nut Salad
Graham Gems
Chocolate

WEDNESDAY

Breakfast
Sliced Oranges-and-Apricots
Barley Porridge
Fish Hash Watercress
Bread Pancakes Maple Syrup
Coffee

Luncheon
Gumbo Filet with Oysters
Escalloped Potatoes
Apple-Jelly Omelet
Milk and Vichy

Dinner
Brown Fricassée of Chicken
Riced Potatoes
Brussels Sprouts
Italian Cake Ginger Ice Cream
Coffee

MONDAY

Breakfast
Ripe Pears
Hominy and Milk
Meat-and-Potato Hash
Corn Bread
Coffee

Luncheon
Potato Soup with Grated Cheese
Grapefruit-and-Orange Salad
Fresh Graham Bread
Russian Tea

Dinner
Birds without Bones
Baked Potatoes
Sliced Tomatoes
Greengage Bread Pudding
Coffee

THURSDAY

Breakfast
Corn Flakes
Sausages with Apple Sauce
Johnny Cake Marmalade
Coffee

Luncheon
Chicken-and-Olive Soup
Baked Stuffed Tomatoes
Rice with Raisins
Chocolate

Dinner
Baked Ham
Mashed Potatoes
Cabbage-and-Apple Salad
Baked Pears with Melted Cheese

TUESDAY

Breakfast
Baked Apples with Rolled Oats
Poached Eggs on Toast
Popovers
Coffee

Luncheon
Baked Fish
Creamed Potatoes and Cucumbers
Whole Wheat Bread with Raisins
Cocoa

Dinner
Creole Grillade
Browned Sweet Potatoes
Cauliflower, Hollandaise Sauce
Sliced Peaches in Soft Custard
Coffee

FRIDAY

Breakfast
Fruity with Cream
Baked Eggs
Baked Potatoes
Graham Muffins
Coffee

Luncheon
Potato-and-Ham Pie
Stewed Celery
Apricot Shortcake with Cream
Café au Lait

Dinner
Filets of Halibut Sauce Supreme
Green Peppers Stuffed with Rice
Fried Eggplant
Apple Pie with Cheese

SATURDAY

Breakfast
Grapes
Oatmeal and Milk
Parsnip Breakfast Cakes
Fried Perch
Coffee

Luncheon
Pickled Salmon
Boiled Potatoes
Re-heated Baker's Rolls
Steamed Apple Pudding Tea

Dinner
Braised Beef
Horseradish Sauce
Mashed Sweet Potatoes
Boiled White Turnips
Macaroon Pudding
Coffee

Menus for Special Occasions

HALLOWE'EN DINNER

Black Bean Soup	Saltines
Curled Celery	Salted Pecans
Roast Duck	Wild Grape Jelly
Mashed Potatoes	Candied Parsnips
Salad of Mixed Fruits	
Hallowe'en Egg-Nog	
Fig Pudding	Currant Jelly Sauce
Almond Ice Cream	Small Frosted Cakes
Nuts and Raisins	Bonbons
Crackers	Pineapple Cheese
	Black Coffee

AN OYSTER SUPPER

Raw Oysters with Cress and Lemon
Brown Bread-and-Butter Triangular Sandwiches
Broiled Oysters with Brown Sauce
Escalloped Oysters with Celery and Cheese
Olives Candied Ginger Radishes
Crisp Crusty Rolls
Salad of Cooked Oysters, Apples and Lettuce
Lemon Jelly Custard Sauce Macaroons
Coffee Chocolate

BUFFET LUNCHEONS

I

Jellied Bouillon in cups, with Crackers
Timbales of Sweetbreads, with Green Mayonnaise
Lettuce Sandwiches
Small Frosted Cakes
Chocolate Coffee Tea

II

Creamed Chicken in Scooped-out Crusty Rolls
Tomato-and-Endive Salad
Peach Ice Cream and Sponge Cake Sandwiches
Chocolate Coffee Tea

III

Orange Soup with Whipped Cream
Bread Sticks
Cream Cheese-and-Pimiento Sandwiches
Salad of Jellied Veal on Lettuce
Frozen Custard with Hot Chocolate Sauce
Coffee Tea



Chicken Gospel for Home Use

By Saidee L. Slover

CHICKEN and fowl have flesh of shorter fibre than that of animals, and the fat is found in layers next to the skin and around the intestines. The white meat is more easily digested and is considered choicer than the dark meat, but the dark meat is juicier and has a sweeter flavor than the white.

Cold storage poultry should never be bought if it is possible to secure that which is freshly killed. The age of poultry may be determined by examining the cartilage at the end of the breastbone. When both are soft it is a chicken; but if they are hard, it is a fowl. A chicken has soft feet and smooth skin, and a good many pin feathers. If long hairs are found on poultry, it denotes age. A fowl has feet that are dry and hard with coarse scales on the legs, and the cartilage at the end of the breastbone has turned to bone.

After the bird has been killed, it should be allowed to bleed well. After the blood has stopped flowing and the bird is thoroughly dead, it should be scalded in boiling water and all the feathers and pin feathers removed, unless one wishes to dry-pick the bird. Then it should be singed by holding over flame and turning it until all hairs are removed.

The bird may be cut at the leg joint, or the skin cut around the leg an inch and a half below the leg joint, and then place leg at that point over the edge of a board or table and snap the bone. Then the feet and tendons are pulled off. In fowls the tendons often have to be pulled one at a time.

To prepare a fowl for roasting, make a cut below the breastbone just large enough to admit the hand, and remove the entrails, gizzard, liver and heart with the hand. The gall bladder must be removed from the liver, care being taken not to burst it, as it contains a small amount of bile that imparts a bitter taste to the parts with which it comes in contact. The lungs are removed from either side of backbone, as well as the kidneys which lie near the hollow. The windpipe is removed from neck and crop. The neck is cut off close to body, leaving the skin long enough to fasten under the back. The oil bag is removed. The outside of the fowl should be washed and cold water run through the inside to cleanse it, but the fowl should not be allowed to soak in cold water. The veins and blood should be removed from the heart, and fat and membrane from gizzard. The thick part of gizzard is cut through and the inside removed. Trim the gizzard. The gizzard, liver and heart are called giblets, and they should be washed and cooked together with the neck in a little water.

To prepare a chicken for frying, cut at the leg joint, removing feet. Then cut wings from body by cutting through skin and flesh around upper wing joint next to body. To remove the legs, cut through the skin and flesh of leg between the leg and body, bend the leg back dis-jointing it and cut through the flesh, removing it from body. Cut the leg at joint, thus separating the upper part of leg, or thigh, from the drumstick. Re-

move wishbone, then the breastbone, which is cut in from two to four pieces. The entrails are next removed, and the heart, gizzard and liver which are fixed as for roast chicken. Cut off oil bag, and cut the back crosswise through the middle. Remove lungs and neck, and break the rib bones to aid in thorough cooking when frying.

After the fowl is dressed it should be stuffed with a good stuffing, which should be put in by spoonfuls at the neck end using enough to fill the body and skin so the bird will look plump when served.

An excellent stuffing is made of one-half a cup of boiling water, two cups of cracker crumbs, one-fourth a cup of melted butter, one-half a teaspoonful of salt, one-fourth a teaspoonful of pepper, and one teaspoonful of poultry seasoning.

A fowl is trussed by crossing the drumsticks and tying them with strong string, and then tying to tail. The wings are fastened close to body with a skewer, and the skin at the neck drawn under the back and pinned with a second skewer. Then the fowl is turned on its back and the string which is fastened to tail is drawn around skewers, fastened and cut. Rub the fowl well with salt and the breast and legs with flour and butter worked together. After placing in pan, sprinkle the bottom of the pan with flour. Brown quickly, and then cook slowly, basting often. The basting is made by melting butter, half the size of an egg, in three-fourths a cup of hot water, and is used while it lasts. Then the fat in the pan is used. The fowl should be turned occasionally in order to brown it alike on all sides. It should be cooked until the breast meat is tender, which will take about an hour and a half for a four pound chicken. The strings and skewers are removed before serving, and whether one carves it or not before bringing to the table is a matter of season, whether the meal is formal or an informal affair.

Gravy is made by browning four tablespoonfuls of flour in five tablespoonfuls of fat from pan in which fowl is roasted.

Then add two cups of the stock in which neck and giblets have been cooked. Boil for five minutes, season with salt and pepper — strain if preferred — add the giblets, which are chopped, and serve hot.

A more elaborate stuffing is made of one cup and one-fourth of soft bread crumbs, two cups of hot mashed potatoes, one-fourth a cup of chopped bacon, one-third a cup of butter, one onion chopped fine, one teaspoonful and one-half of salt, one teaspoonful of sage, and one egg.

All the animal heat should be out of a chicken or fowl before it is cooked, else the meat will have an unpleasant slick taste near the bone. If one has ice, it may be chilled, otherwise one or more hours should elapse between killing and cooking.

For frying, the chicken is salted and peppered well, and then dredged with flour, or rolled, first in beaten egg, and then in bread crumbs. The last named method is better than the first as the egg prevents the meat from taking up so much of the fat in which it is fried. The pieces of chicken should be placed in a skillet of fat that half covers it, seared on one side and turned over. Then continue cooking with a cover over the skillet. If the chicken is large, turn a griddle over skillet and finish cooking inside the oven. Or a little hot water may be added if one prefers to cook it on top of the stove.

When chicken is cooked at too high temperature it is usually tough. If cooked at too low temperature, it will be greasy and soggy, and will not brown. The fat may be tested by dropping a small piece of bread in it when hot. If the bread browns in forty seconds, the temperature is high enough.

Delicious gravy is made by adding salt and two heaping tablespoonfuls of flour to the fat in which the chicken was fried. When flour browns, add two cups of milk, or half milk and half water, and cook until thick.

There are many ways of preparing chicken. Few dishes equal a rich, juicy chicken-pie, or braised chicken; while

chicken gumbo is an old favorite in the South. Stewed chicken with dripped dumplings is made of a batter of one egg, flour, a pint of milk, and soda, stirred until thick and dropped into the pan of gravy a spoonful at a time, making little round dumplings, and has a dis-

tinction all its own. To say nothing of chicken salad on lettuce leaves with salad dressing, and chicken croquettes fried a golden brown in deep fat; or of chicken in celery sauce to be served with hot toast, or of creamed chicken on toast for an entrée.

A New Mexico Supper

AT THE FAMOUS ENCHILADA HOUSE IN OLD ALBUQUERQUE

By Louise Lloyd Lowber

YOU are either a sated tourist seeking a new local flavor in this picturesque corner of new Spain, a resident with an acquired, but no less sincere, taste for the highly seasoned dishes of the Southwest, or a native, to the *chile* born, if you patronize the *Enchilada* House.

This low adobe building with its bare, alkali-encrusted approach, situated just off the historic plaza of Old Albuquerque, is a favored haunt of many New Mexicans. Here you may come for your noon-day Spanish lunch, bring your bucket in which to carry home some steaming *tamales*, or come in your evening dress for an after-theatre supper.

And here you may be sure that you are getting the genuine Mexican dishes, cooked in the traditional manner by a native woman. The plump *senora*, who officiates over the roaring stove, makes change from a pocket under her broad apron, all the time miraculously avoiding the little white dogs and cats under foot, a typically native feature, is a born cook. For years she served as *cocinera* to one of the F. F. N. M. and for the past decade she has been proprietor of a little *restaurant* in Old Town.

Suppose you order of the dark-eyed *senorita* who stands ready to serve you "the regular Spanish supper." The menu card, if there were such a modern note, would read like this:

<i>Frijoles</i>	<i>Enchiladas</i>	<i>Chile con carne</i>
	<i>Tamales</i>	
<i>Pan</i>		<i>Cafe</i>

Except for the *pan* (bread), *cafe* (coffee) and *frijoles* (beans) the other items on the menu have no English equivalents. You must learn them by the "direct method."

Las Enchiladas, for instance, are unlike anything else under the sun. You may follow, if you like, the fascinating process of concoction of this *piece de resistance* of your meal. The *senora* is frying *tortillas*, the corn pancake which is the foundation of the *enchilada*.

From a snowy mass of corn meal dough she pinches a ball which she spins and pats between her plump hands into a thin wafer about six inches in diameter. She browns this on top of the stove, rotating and turning it with her moistened palm. When three *tortillas* have been beautifully browned they are next dropped into a kettle of boiling fat where they bubble and turn until the real building process begins.

First a *tortilla* in the center of a plate. Then a flood of rich, red *chile* sauce from a near-by kettle, a layer of grated cheese, another *tortilla*, more *chile* and more cheese sprinkled between in layer-cake fashion, and the whole topped with a high crown of chopped onions in which nestles an egg, which has been broken for a minute into the hot lard. An artistic and cooling garnish of lettuce — and behold an *enchilada*!

The ubiquitous *chile* sauce in which the *enchilada* floats and which is added by the native cooks to beans, meats and almost everything edible, is made from the pulp of

the native New Mexico pepper. Mixed with a little hot lard and blended with chopped onions and garlic, cider or wine and herbs, it is used as a basis for many dishes. Although *chile* burns the throat unaccustomed to highly spiced food, it is so prepared as to be absolutely digestible.

Frijoles or New Mexico pinto beans are, of course, inevitable. Seldom are meals served without them and for the poor they are the mainstay of their diet both winter and summer. They are served in a large dish from which you help yourself, dashing a spoonful of the nutty pellets on the side of your *enchilada*. Occasionally you will find them fried dry, and always you must flavor them with chile.

Chile con carne is another staple dish among the native people in the southwestern United States. This familiar stew is made from the chile pulp, tomato pulp and cubes of beef or mutton. It is flavored with onions and garlic, and sometimes with pulverized *oregano*, a

native herb. Sheep herders are often seen eating it from a common bowl, each man scooping up a mouthful in a cupped *torilla*, and eating both the stew and the receptacle at the same time.

It's a hungry man whom an *enchilada* and a bowl of *frijoles* do not satisfy. Nor can hot *tamales* properly be considered a dessert, but they are generally ordered just to "top off with." The *tamale* is a relative to the sandwich, except that it is hot and rolled and encased in a corn-husk wrapper. It combines meat, vegetable and bread in its inside layer of corn meal, and the center stuffing made from cubes of beef, pork or chicken, with the chile pulp, tomatoes and characteristic flavor of garlic and onions.

Tamales are always kept hot in steaming water, and are not infrequently peddled through the streets of Albuquerque in a tiny cart, after the fashion of the ice-cream cone wagons in some cities. And they are almost as popular, in the South and in Mexico.

Late Summer Canning

By Eunice Marcia Smith

"**S**UCH a day!" sighed the Friend-next-door to the Bride Lady, as she dropped into a rocker on the latter's cool front porch. "All of this blessed day I have been doing up strawberries and I am in a semi-liquid state this minute. But you should see the jars reposing on my kitchen table."

"You poor dear," sympathized the Bride Lady as she poured lemonade from a tinkling pitcher. "Why don't you buy your jellies at the delicatessen the way I do?"

"Delicatessen indeed! Don't mention my lovely jellies in the same breath with delicatessen stuff!" protested the Friend-next-door. "Muddy, gummy stuff that was forced through the jelly bag, I know. Why, my Jim would probably get a

divorce if I gave it to him on his muffins of a morning."

"Harry eats it without any visible signs of protest, but he isn't enthusiastic I'll admit."

"You poor kids don't know what real preserves are. Come on over and I'll let you sample mine. I want somebody to admire mine, anyway."

"You know," continued the Friend-next-door, leading the way to her back door, "there are few things more soul-satisfying than the sight of a well-filled preserve cupboard, the work of one's own hands. It's worth the bother and heat ten times over. And then the saving!"

"Oh, but such a lot you have," admired the Bride Lady. "Jelly and preserves

and sauce and . . . what's that juice for?"

"That's some I had left over. I bottled it to use for fruit lemonades this summer."

"Yum, yum," observed the Bride Lady.

"See those four jars on the window sill? They contain strawberries and pineapple, a most delicious combination. And these six jars are filled with strawberries and rhubarb, half and half. You know rhubarb is a lot cheaper than the berries and it doesn't change the flavor a bit, unless you use more than half rhubarb."

"I never heard of strawberry jelly," said the Bride Lady, admiring the clear, ruby color. "I thought strawberry jelly wouldn't jell."

"It won't unless you add a cup of apple pectin to every cup of strawberry juice. Then you will have a jelly fit for a king. You know you can make peach jell the same way, only adding a little lemon juice."

"Is this all the canning you've done so far?" asked the younger woman interestedly.

"No, indeedy! I started with the very earliest fruits and made grapefruit marmalade last spring. And then I made orange jelly and orange marmalade before the later fruits came on the market."

"I think I'd like to try my hand at some canning. I think I'd like to show Harry I could do it," said the Bride Lady.

"The Eternal Feminine," laughed the Friend-next-door. "We simply can't resist the urge. "But you're too late for strawberries. These were the last on the market. June is the time for strawberries. But there are lots of other fruits coming."

"Make a canning schedule like I do. Can certain fruits when they are cheapest and most plentiful. For instance, in July, we have raspberries, loganberries and gooseberries, currants and huckleberries. And tomatoes for tomato preserves.

"In August come plums, pears and apricots. Also peaches. These are cheaper toward the last of the month. And you will want to pickle some cucumbers and water-melon rinds, too.

"September brings grapes and apples and more peaches and pears."

"Oh, I'm going to start right away and make some jelly. I want to make a nice red jelly," exclaimed the Bride Lady.

"Try currants then. They make a lovely red jelly and do not require any apple pectin to make it jell."

"You spoke of pectin before, what is it?"

"Pectin is the substance in some fruits that causes the fruit juices to congeal. Apples, plums and currants have it. Strawberries and peaches do not. So if you cook a fruit that does not contain the pectin, you must supply it. *Comprenez-vous?*"

"*Parfaitement, ma cherie,*" laughed the Bride Lady. "Now if you will just lend me your cook-book, I will buy me some currants and wield a wicked jelly-strainer. I believe that is the correct phrase?"

"Speaking of strainers, my lamb, when you are ready to pour the jelly into the hot glasses, put a clean cloth dipped in hot water over your sauce pan and pour the jelly through it. It will make the jelly crystal-clear."

"Thanks, I will. Many thanks for the recipes."

And these are some of the recipes that made husband Harry the most ardent wife-booster in the whole Flatbush club. Try them on your husband:

Quince Jelly

Use yellow quinces that are not quite ripe. Rub off fuzz, core and cut small. Put in kettle with a teacup of water for each pound of fruit. Stew gently until soft; do not mash. Put in thin muslin bag with the juice and strain. To each pint of liquor produced add a pound of sugar, stirring until it is dissolved.

Let it boil gently until it jells on a cold plate. Turn into hot glasses.

Plum-and-Pear Jelly

Plums and pears cooked together in the usual way make a delicious jelly with a different flavor.

Preserved Plums

Make a syrup of three pounds of sugar to one pint of water for every nine pounds of fruit. Dip plums in hot water and remove skins. Drop into hot syrup and cook until a silver fork pierces them without difficulty. Or preserve by cold pack method by pouring the hot syrup over the fruit in the hot jars and boiling for 16 minutes.

Pear-and-Pineapple Conserve

To every pound of pears, cut in cubes, add the grated rind and juice of one-half lemon, the grated rind and juice of one orange, one-half a pineapple, cut in cubes, and three-fourths as much sugar as fruit

by weight. Cook until fruit is tender. Measure and add sugar and cook until transparent. Pour into glasses and cover with paraffin when cold.

Harlequin Jelly

Remove stem and blossom ends from one peck of Baldwin apples and four quinces and take out cores from latter. Quarter and put in kettle with one quart cranberries. Almost cover with water. Cook slowly until fruit is soft. Strain through jelly bag. Boil juice 20 minutes and add an equal quantity of sugar. Boil until it jellies.

Peach Butter

Pare ripe peaches and put in kettle with enough water to boil them soft. Put through colander and add one and one-half pounds of sugar to every quart of peaches. Boil very slowly for one hour, stirring often. Take care that it does not burn. Put in glass or stone jars.

Lack in Equipment

By Caroline B. King

SOMETIMES, when I am being shown over the domain of a brand new housewife, I am conscious of a great lack in her equipment. There are plenty of tables and chairs, pictures and bric-a-brac; friends have seen to it that she has an ample supply of linen and enough silverware to stock a small hotel; there are lamps and clocks, and cushions of all kinds and descriptions, perhaps there is even a smart little car in the smart little garage at the back of the house. The kitchen range is all that even an old and seasoned housekeeper could desire, and shining pots and pans stand in neat rows on the shelves of the neat pantry, but not a single book pertaining to the profession of housekeeping is visible in any room of the cunning abode.

"Cookery books?" she may reply smilingly to my question, "O, I feel that our meals will be so simple for a long time, that I have not even thought of a book to tell me how to prepare them."

But this is all wrong, at least, in my opinion. Not only should a good standard book on cookery be given a prominent place in every kitchen, but a whole shelf of not too meager proportions should be relegated to the literature of the kitchen. I know of many housewives, excellent in their line, I must admit, who possess no books whatever on the important profession which is theirs. They get along as best they may, sometimes achieving wonderfully satisfactory results, but seldom finding it possible to secure the same success twice in succession.

There are so many excellent books on the subject of household lore and many of them not at all expensive, so it seems a pity that every woman should not own several of them. Good judgment must be exercised in their selection as in everything else, but I am glad to say that nearly all of the most popular of the books on cookery and similar subjects are entirely reliable.

No business man would think of conducting his affairs without trade journals to keep him posted on conditions governing his business, nor would a woman attempt to cut out a garment without a paper pattern or its equivalent, but almost any woman thinks that she can prepare the three meals a day, or keep her home in running order without any guide but her own, sometimes, limited experience.

And then there are the very good cooks who, having learned their profession in the school of experience, continue serving the same dishes day after day, never making any variation in preparing a surprise salad or an unusual dessert, because they feel that what was good enough for their mothers is certainly good enough for any one else; or, perhaps, they permit themselves to get into a rut unwittingly, and would gladly welcome fresh recipes and new ideas, if they knew where to look for them. So I would advise the establishing of the kitchen library, the substantial shelf whereon may rest the cookery books, (for I would have more than one of these interesting volumes in my library) the scrap book in which the best recipes clipped from magazines and papers have been pasted; the latest number of *Today's Housewife*, and other favorite publications, all ready for immediate reference.

The Government Bulletins, which may be had for little or nothing and which contain an endless amount of important

information for housewives, may be had by applying to the Department of Agriculture, and these neat booklets should most certainly find a place in the kitchen library. A list of the various publications will be sent on request, and from it one may select the bulletins which she most needs. None of these are high priced, indeed, I think five cents is the maximum charge for any one of them, while several are to be had for nothing. The recipes in the newspapers, household advice and other information might be clipped, pasted on cards and filed in a box and kept on the shelf with the other books; and there are, in addition to all of those I have mentioned, valuable booklets published by the manufacturers of food products, which are free for the asking. Give these a place in the kitchen library, by all means, for they are usually filled with ideas and suggestions of the most helpful sort.

You will be surprised how interesting your library in the kitchen will become to you as you add to its scope, and how many useful bits of information, how many new things you will learn from it as you wait for the potatoes to boil, or the pudding to brown.

Rolls in the Morning

If one wants fresh-baked rolls for breakfast — and who does not? — they may be satisfactorily planned for. If the sponge be set about the middle of the afternoon, it will be ready to knead at five o'clock. It may then rise and be cut down, successively, until ten p.m., or later, when it should be formed into its shapes and placed in the baking-pan. Set in a rather cool place until morning. Then, if necessary, bring into a warmer situation to hasten rising. Spread melted butter over the tops and bake just in time for breakfast. You will be applauded by an appreciative family.





Home Ideas *and* Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Beaten Biscuit

BEATEN biscuit are a typical Southern dish, but one that, if well enough known, would be as popular in Massachusetts as in Mississippi. They are so light and so easily digested that they are prescribed for invalids, and so delectable they would be eaten, if they could not be digested.

Once upon a time, every Southern family had its biscuit block, a small table of hard oak with a hinged cover like a box top to protect the board and the iron rod with which the biscuit were beaten when not in use. Now the work is done with a special machine. Sometimes a marble slab or ordinary bread board is used and the biscuit beaten with a rolling pin or flatiron.

The ingredients are simple — flour, salt, shortening, and a liquid with which to mix them.

Recipes differ slightly in details. One cook uses ice water; another, cold sweet milk; another, cracked ice and cream. One will use only butter, while another prefers home-made lard. Some recipes direct that the biscuit be beaten twenty minutes. Others call for so many licks.

All agree, however, that the materials must be thoroughly chilled, that the work must be done rapidly and that the dough must be beaten till it is full of little blisters. So important is it that the dough be very cold that many cooks place it on ice for some time before beating. Success also depends on maintaining a steady heat in the oven while the biscuit are baking.

Here is a recipe that has been used with delightful results by one Mississippi family for more than a hundred years. Sift one quart of flour with one teaspoonful of salt. With the tips of the fingers, work in two tablespoonfuls of butter. Moisten with a teacup of ice-cold milk, and knead till it forms a smooth, easily handled dough. Beat the dough till it blisters, roll into a sheet half an inch thick, cut into small rounds (about the size of a silver dollar), prick with a fork, letting the marks go entirely through, and bake about thirty minutes.

O. S.

* * *

With Esther in the Kitchen

GLINTING auburn hair has Esther and she affects apple green checkered aprons; also she effects the most wonderful melting fudge and great thick delicious cakes that delight while they mystify. "How do you do it?" I insisted and she replied, "Easy." It looked easy as I watched her and, when I caught the "tricks" of her mouth-watering fudge, it was easy.

One of them was in long beating rather than in long cooking. She used a small part of light brown sugar and canned milk, slightly diluted, and a very little cocoa (not half the amount I was in the habit of using), and she let it cool before she started the beating. Flavoring, butter and a tiny bit of salt were added just here, and a tedious arm breaking period followed. But the results! A creamy mixture, smooth as velvet, that took its own time about hardening, settled into

the platter and offered up a tantalizing fragrance. She didn't score it for an hour and it wasn't conditioned for another hour, but when it was, the real fun began.

"I like the salt; it cuts that cloying sweetness," she remarked complacently, as she licked the tapering fingers that are as capable with the typewriter as they are with the fudge-pan. "So do I," I agreed, "and I like it in cake." "Mercy, don't put it in cake," she gasped and stuck to her decision, even while I defended numerous recipes calling for the same. "It might do in an occasional recipe," she conceded, "but I have never found that particular one, and I notice that any cake that I put it in, is a disappointment."

"Another thing that seems unimportant, but is really the rock on which so many cake-rafts are wrecked, is the mixing. I learned by sad experience that to stir the batter pushes the air out, but that to beat it, lifting each stroke high, works the air into it and of course lightens it."

"Then I make sure of a good icing by using confectioner's sugar: I take the whites of two eggs and after beating them I add a tablespoonful of cold water, *and*, mind you, a teaspoonful of baking powder. The powder keeps the icing from hardening. Mercy!" and with one look at the clock she slipped off the apple-green apron and putting the glinting locks under a brown sailor started for the office.

A. K. R.

* * *

A Can of Tomato Soup

THE housewife, who in the fall, cooked her tomatoes, carefully strained them, and canned them as tomato soup has a reservoir upon which to draw to give variety to the home table throughout the winter and the spring months. The advantage of using the strained soup instead of the ordinary canned tomatoes in cooking is, that when

the time for preparing the dish comes, no delay is required for straining the vegetable, and the ingredients are quickly combined.

Occasionally when serving Hamburg Steak try making a *Tomato Sauce*. Heat one pint can of tomato soup, and thicken with one-fourth a cup of flour beaten smooth with a little cold water. Season with salt and pepper and pour over the steak. This same sauce may be served with stewed tripe, kidneys and omelets. A cheap steak may be put in a casserole, covered with a can of the soup and a sliced onion, seasoned with salt and pepper and cooked slowly in the oven for three hours.

Once in a while, add a can of tomato soup to the Saturday baked beans. The change will please the family.

Some day instead of a meat dish, serve *Macaroni au Italian*. Break one-fourth a pound of macaroni into a dish of boiling water. Add two tablespoonfuls of butter and a small sliced onion. Cook slowly for one hour. The water should boil down to a creamy liquid. Add a cup of grated cheese, a pint can of tomato soup, place in a baking dish and sprinkle with buttered crumbs. Bake for ten minutes in a hot oven.

A delicious supper dish is *Venetian Eggs*. Heat a can of the soup to the boiling point, add one pound of grated cheese and a pinch of soda and stir until the cheese is thoroughly melted. Add one cup of milk to a beaten egg, and combine the egg-mixture with the cheese and tomato, stirring very rapidly. Season to taste and serve on saltines.

Risotto is another supper dish. Place one cup of washed rice in cold water and cook briskly for five minutes after it begins to boil. Drain and add two tablespoonfuls of melted butter and one-half an onion chopped fine. Cook until the butter is absorbed, then add one cup of tomato soup, and two cups of water. Cook until the rice is tender and the water is absorbed. Add one-half a cup of grated cheese and serve at once.

For Egg-and-Tomato Salad cook one pint can of soup, a slice of onion and a stalk of celery for fifteen minutes. Season with salt and pepper and add one-fourth a package of soaked gelatine. Strain and add two hard-boiled eggs which have been sliced. Mold in cups and serve on lettuce with boiled or mayonnaise dressing.

To make Tomato-and-Cheese Pudding, add one cup of bread crumbs, one-third a cup of grated cheese, and one-half a teaspoonful of salt to a pint of tomato soup, and pour into a baking-dish. Mix one-third a cup of bread crumbs with one tablespoonful of melted butter, and two tablespoonfuls of grated cheese, spread on the pudding and bake for twenty minutes.

Poached Creole Eggs: To prepare add a shredded green pepper to a can of soup and after heating thoroughly, pour the mixture on a platter. Arrange four slices of toast on the sauce, on each slice of toast place a poached egg, and pour over them two tablespoonfuls of melted butter.

E. S. B.

* * *

Pie Secrets

IN making pie-crust be careful not to get too much water into the mixing. Remember that all the water that is used has to "do out" of the paste during the time of baking in order to make the crust crisp and flaky. If mixed too wet, it will be either too hard or soggy. Enough water should be stirred in lightly to make the mass cling together without being, in the least, sticky.

In making fruit pies, cut the upper crust larger than the plate and turn the margin over and under the lower crust, pressing the rounded edge firmly upon the plate. This "hem" effectually seals up the juices for the edge of the pie crisps up before the fruit begins to simmer.

Never put a pie in the oven and forget about it. It often needs turning to get an even brownness. Burned pie-crust

leaves a rather bad taste in the mouth.

Left-over pieces of dough may be kept in the ice-chest, if closely covered, for several days. It is sometimes very convenient to have the dough on hand when one wishes to make a pie in a hurry. Mixing the paste for the pie can, therefore, be one of the "day before" duties when one expects company.

To give your pie an "indefinable charm" incorporate a little grated orange or lemon peel into the crust or flavor it, ever so little, with lemon extract.

Turn a few tablespoonfuls of cold tea over your apple pie in addition to whatever spice, cinnamon or nutmeg, is used.

Bits of orange peel mixed with the rhubarb pie give it a fine blended flavor.

Apples may be stewed and strained and then used exactly as you would pumpkin, allowing rather more flour to thicken.

A sprinkling of cocoanut or chopped nuts over the top of a meringue gives it character.

A. A. K.

* * *

My Canning Log

IF one has been particularly fortunate when buying for canning, either in price or quality or both, it is an event which should be remembered for the next year, and if the canner buys by consulting advertisements and then going where there seems most promise of satisfaction, generally she is purchasing of too many different people to recall all their names the next year. In the same way she cannot be expected to remember offhand the amount of each kind of fruit she bought, or the price. Sometimes she even forgets just which dealers imposed upon her trusting nature, in selling her fruit.

I write my log, diary style, in an ordinary school composition book. It could be called a diary or journal, but my forbears were all seafaring people; log I have named it, and log it shall be. In it I have written the kind and amount of each fruit purchased, of whom purchased, the price, and also the quality of

each lot. Then below this information I have written a short account of the way the fruit was used, giving proportions and the time of cooking. Also when various helpful facts are brought to my attention during the canning process, I record them too. For example, from my log written last summer I read:

"To the 6 lbs. of apricots I added sugar syrup made of 4 cups of sugar and 6 cups of water. Had nearly 2 cups of syrup left after finishing."

This year I shall be able to judge more accurately how much syrup to make for my apricots. About the same time too I discovered and entered in my log the fact that the average amount of syrup needed for a pint of fruit, is one cup, though later I found that hard fruits like rhubarb, for example, take less, because more pieces can be packed into a jar without crushing.

One does not have to confine the record to prosy names and prices. I often write in some little occurrence in connection with the purchase that proves amusing or interesting to read afterward. As an example, I will quote from June 10th of last year:

"June 10th, 1919 — Apricots — Peterson Ranch 13-2 lbs. — 35c, (fine ones).

"John and I rode out to the Peterson Ranch on the Camel Back road with the Cramers yesterday afternoon. We picked the apricots ourselves; at least, the men did. Mrs. Cramer and I ate as fast as we picked, and so did not help materially in filling the bags. John picked thirteen and one-half pounds of fine large ones, and Mr. Peterson charged us only thirty-five cents, partly because we did the picking and partly, I think, because he knows the Cramers so well.

Our bag burst on the way home and the apricots spilled all over the floor of the car, but we managed to retrieve them all, and today I have used ten pounds of them. About half I combined with pineapple, and put up by the cold pack method, [Note — This is the method I use almost exclusively], using one thirty-cent can of broken, sliced pineapple to six pints of apricots. This is enough to give a good flavor. Then I boiled enough of the fruit in sugar syrup, without the pineapple, to make two more pints, and after that I had enough left out of the ten pounds to make a fat pie for dinner."

This year before buying fruit I shall glance through my log, and read something like this:

"Apricots, 8c lb. — Ryan, fruit dealer — good.

"Apricots, 9c lb. — Elite Grocery — stringy, poor.

"Figs, 10c lb. — Culver Ranch — excellent.

"Peaches, 15 lbs. for \$1.00 — Tyler Ranch — good.

"Plums, 10c lb. — Smith Wholesale — fair.

"Plums, 8 lbs. for \$1.00, (Satsumas) — Rex Ranch — good."

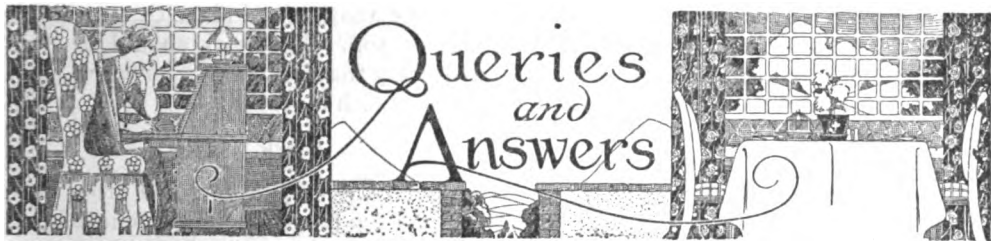
Then I shall go out and buy.

On the inner side of the log's covers, I keep a list of the kinds of fruit I can, the number of jars filled, and the date of canning. For example:

<i>Kind</i>	<i>Date</i>	<i>Number Canned</i>
Satsuma Plums	June 25	10 pints
Figs	July 5	6 pints

Of course there is nothing especially helpful about this list except as a stimulant to my ambition, and it is surprising how I want to add to it. Then, too, it makes my log more complete. E. T. F.





THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4234. — "Will you please give a recipe for Ice-Box Pudding made with ladyfingers and melted chocolate?"

Ice-Box Pudding

THIS query was received some months ago, and we replied in the issue of the magazine for June-July that we were not familiar with the name, but we gave a recipe for a pudding made with ladyfingers and chocolate ice cream. Since then two subscribers very kindly sent us recipes for Ice-Box Cake, which they think is what the query called for.

Ice-Box Cake I

"This cake is made by placing ladyfingers in a paper-lined cake pan (of the square variety) and pouring over the cakes the following mixture, allowing the whole to stand in an ice-box over night, or from eighteen to twenty-four hours, depending on the temperature. Melt one pound of sweet chocolate in a double boiler, adding three tablespoonfuls of boiling water and stir until smooth. Remove this mixture from the fire and beat in the yolks of four eggs, one at a time. Beat the whites of the four eggs light, and fold in the chocolate mixture. Spread this filling over the cakes and at the end of the allotted time it should set firm enough to cut with a warm knife. The pudding is served with sweetened and flavored whipped cream."

Our thanks are due for this recipe to Miss N. K., Boone, Iowa.

Ice-Box Cake No. II

"Take one cup of sweet chocolate grated, three tablespoonfuls of water and two tablespoonfuls of sugar, put these into a double boiler and add one at a time the yolks of three eggs, beating each in. Cook the mixture to a custard consistency, then let cool and add the whites of the three eggs, beaten stiff. Line a pan or dish with parafin paper, then line it with ladyfingers all around sides and bottom. Pour in a layer of the mixture, then set a layer of ladyfingers, until there are three layers of each. Put in the ice-box overnight, and serve with ice cream or whipped cream."

For this we thank Mrs. E. S. W., Hopkins, Minn.

QUERY No. 4235. — "Please publish in your magazine a good recipe for Macaroons. I have tried several, but none of them look anything like macaroons."

Macaroons

Work together on a large, flat platter one cup of almond paste and six ounces of powdered sugar. It is better to use the hand in mixing these. Beat stiff the whites of three eggs, and mix with the paste and sugar until the whole is smooth; a spatula, a wire beater, or a wooden spoon may be used in this process. Spread oiled paper on a baking sheet, and drop the mixture on it in small spoonfuls, about an inch apart. Bake from fifteen to twenty minutes in a moderate oven.

They may be removed from the paper by slipping a flexible knife under each, or by wetting the bottom of the paper with hot water. This method is very simple, and success is easily attained, but to try to make macaroons without the genuine almond paste, the real marzipane, is not at all satisfactory.

QUERY No. 4236. — "Will you please print recipes for Vanilla Wafers, Club Sandwiches, and Pork Cake?"

Vanilla Wafers

Cream one-third cup of butter or a substitute — half-and-half butter and lard is very good — and work into it one cup of fine granulated sugar and one unbeaten egg. The mixture should be worked until the sugar seems dissolved, and the batter is as smooth as butter. Sift together two cups and one-half of flour with two teaspoonfuls of baking powder and one-half teaspoonful of salt, and add to the first mixture as much of this as it will take up, then continue to add the remainder, alternately, with one-fourth a cup of milk until the whole is a smooth dough. From one to two teaspoonfuls of vanilla extract will be needed to flavor, this should be added before the last portion of flour, and while the dough is soft. Chill in the ice-box for several hours, then roll out one-fourth of the dough at a time, making a sheet as thin as possible. Cut out the wafers with a small cutter; place them on a greased baking sheet and bake in a moderate oven. Proceed in this way with the remaining portion of the dough, using only as much at one time as can be worked with while cold and stiff.

Club Sandwich

Toast quickly three oblong slices of bread, so that they are soft inside, yet well-browned outside. Spread two of them with a thick mayonnaise dressing; over this lay lettuce leaves, then slices of white meat of chicken and strips of toasted breakfast bacon. Lay these slices

over one another and place the remaining slice on top. The work should be done so quickly that the toast is yet warm when the sandwich is served.

Pork Cake

Put one pound of clear fat from pork through the fine chopper, place in a bowl, and pour over it one cup of boiling water. Stir until the fat begins to dissolve, then add one cup of dark brown sugar and stir until dissolved. In cold weather the bowl may be set over hot water to retain warmth. Add two cups of molasses, four cups of flour sifted with two teaspoonfuls, each, of ground allspice and cinnamon, and one-half of one nutmeg, grated. Stir into the batter two pounds of raisins, seeded and floured, one pound of dates, stoned, cut into quarters, and floured, and, lastly, two teaspoonfuls of baking soda dissolved in a very little hot water. Pour into a tube pan, lined with greased paper, and before putting in the oven insert, bit by bit, with the fingers, one-half a pound of citron, shaved very thin. This cake calls for a moderate oven and careful watching during the baking, lest the molasses burn.

QUERY No. 4237. — "I should like a recipe for Scotch Cake — not the shortcake, but a raised cake made with raisins, etc."

Scotch Barm Cake

Possibly the cake you mean is the barm cake or raised cake made in the old country at Christmas time, and raised with the liquid, home-made barm. If compressed yeast be substituted, the following recipe will result in something as like the original as may be made outside the land of cakes. Blend one-half a compressed yeast cake in a little milk, and when well mixed, add milk enough to make a pint. Sift three pints of flour with one teaspoonful of salt; add to milk and yeast, and knead to a soft dough. Cream one cup of butter; mix with it two cups of brown sugar and one table-spoonful of mixed spice, cinnamon, nutmeg, allspice; divide this into two parts,



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and knead one-half into the dough. Cover, and let rise overnight or until doubled in bulk. Then add the remainder of the butter, sugar, and spice, together with one cup of raisins, seeded and floured, one-half a cup of currants, cleaned and floured, and one-half a cup of fine-shaved citron. The fruit should be mixed with the dough, then placed in a well-greased loaf pan, or in two cake pans, and the citron inserted by hand. Let rise again in a warm place until light, and bake in a moderate oven for one hour and one-half. This cake improves on keeping.

QUERY No. 4238. — "Can you suggest to me a pretty yellow sweet dish, to be served at a buffet luncheon for a Golden Wedding? I should also like a recipe for the Yorkshire Curd Cakes the same as I have eaten in England, and one for the English Bread Patties served in that country."

Jaune-Mange

Try the following for your yellow sweet dish. Hydrate one-half a box of any gelatine that is particularly clear and sparkling, and dissolve in two cups of boiling water. Add the following ingredients in the order given: One cup of granulated sugar, the strained juice of two oranges and the grated yellow rind of one, the juice of one large lemon, strained, and one-half the grated yellow rind, and one or two drops of saffron juice, made by tying a few shreds of saffron in cheesecloth, dipping in hot water, and pressing out the coloring matter. Pour the whole into a bowl set in a pan of ice water, and keep the gelatine stirred or beaten until creamy. If it grows too white from the stirring, add a little more of the saffron juice. Pour into a ring mold, and when inverted it should show a creamy yellow mound, with a layer of clear, bright yellow on the top. Fill the center with preserved apricots, or with a mixture of orange marmalade and whipped cream.

Yorkshire Curd Cakes

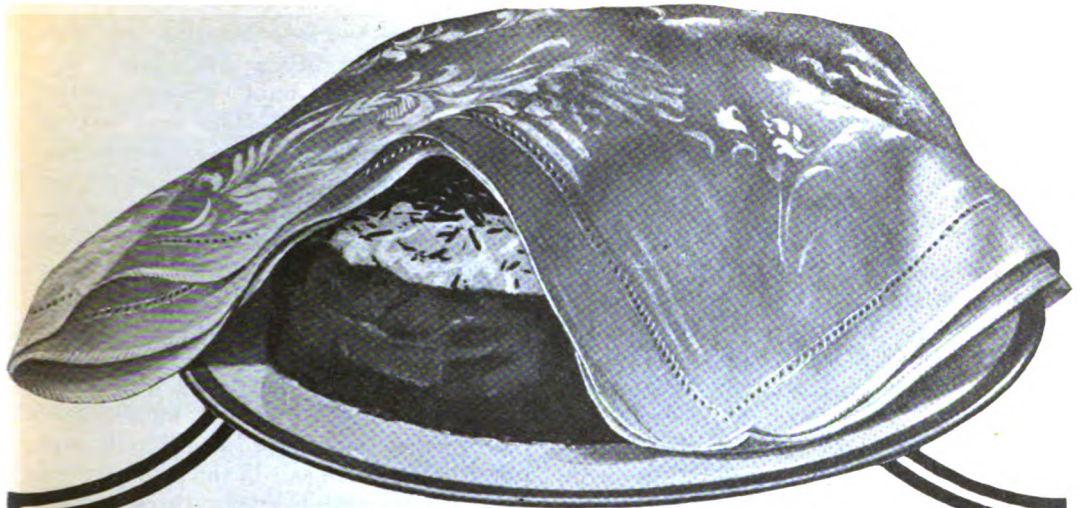
We do not guarantee that these cakes are the same as those you have eaten in Eng-

land, but the recipe is, so far as we know, the usual one for Yorkshire curd cakes.

Make a bowl of curds by heating two quarts of milk to simmering point, and adding to it some soured buttermilk, adding one-half a cup at a time, and gently stirring until the curds of the milk separate from the whey. How much buttermilk has to be used depends on its acidity. Strain off the whey, press the curds rather dry, return to the bowl and beat into them one cup of rich, heavy cream, one cup of granulated sugar, and one cup of dried currants, first washed and spread on a pan to heat in the oven until plumped. Add one-half an ounce of fine-chopped candied peel, one-half a teaspoonful of salt, a few grates of nutmeg, and, lastly, beat in one or two eggs, the yolks and whites beaten separately. Pour by spoonfuls into shells of puff-paste, and bake in a quick oven. These are very good, whether they are the same as those you have eaten or not.

English Bread Patties

There are many different recipes for these patties, but this is the best we know. Fry a pint of chopped fresh mushrooms with one minced onion in a couple of tablespoonfuls of butter or dripping until they are brown. Add these to a mixture of one pint and one-half of bread crumbs moistened with hot milk — a cup or more according to the staleness of the crumbs — and one-fourth a cup of melted butter. Next add an equal volume — that is, one pint and one-half — of minced veal, chicken, rabbit, or any delicate white meat — or part may be chopped cooked ham, which improves the flavor. Season the whole to taste, chopped cauliflower pickles are sometimes used, and bake in individual tin patty cases first well greased and then floured. The oven should be hot, and the baking continued until the patties are brown. This mixture should be enough for ten or a dozen not too large patty shells. When ready to serve these should be inverted on a platter, and garnished with cress.



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ROYAL BAKING POWDER CO., 168 William Street, New York

HOW TO MAKE IT

Use level measurements for all materials

$\frac{1}{2}$ cup shortening	1 cup milk	4 teaspoons Royal Baking Powder
$1\frac{1}{2}$ cups sugar	$2\frac{1}{2}$ cups flour	Grated rind of $\frac{1}{2}$ orange
1 egg and 1 yolk	$1\frac{1}{2}$ squares (1 $\frac{1}{2}$ ozs.) of unsweetened chocolate (melted)	$\frac{1}{4}$ teaspoon salt

Cream shortening, add sugar and grated orange rind. Add beaten egg yolks. Sift together flour, salt and Royal Baking Powder and add alternately with the milk; lastly fold in one beaten egg white. Divide batter into two parts. To one part add the chocolate. Put by tablespoonsful, alternating dark and light batter, into three greased layer cake pans. Bake in moderate oven 20 min.

FILLING AND ICING

3 tablespoons melted butter	3 squares (3 ozs.) unsweetened chocolate	1 egg white
3 cups confectioner's sugar	2 tablespoons orange juice	Grated rind of $\frac{1}{2}$ orange and pulp of 1 orange

Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange, removing skin and seeds, and add. Beat all together until smooth. Fold in beaten egg white. Spread this icing on layer used for top of cake. While icing is soft, sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife (use $\frac{1}{2}$ square). To remaining icing add $2\frac{1}{2}$ squares unsweetened chocolate which has been melted. Spread this thickly between layers and on sides of cake.



QUERY No. 4239. — "What is Hopping John? Will you give me a recipe for salt-rising bread? Could you possibly tell me how to make the old-fashioned 'Steep' for invalids, of herbs, fruit, spices, etc., which our foremothers used for a pleasing tonic drink?"

Hopping John

Cook slowly in four cups of water two cups of dried peas until about half done, then add one pound of bacon, cut in small strips, and continue cooking until peas are soft. Now add one cup of rice; let cook at boiling point for a quarter of an hour, then simmer, covered, until soft. More water may be needed after the rice is added, but the mixture should be stiff enough to sputter while cooking. Season to taste with salt and pepper before serving. Stock may be used instead of water.

Salt-Rising Bread

Scald one-half a cup of milk and pour over two tablespoonfuls of corn-meal

mush, or two teaspoonfuls of dry meal. Mix well and place, uncovered, in a warm place until bubbles form and the mixture grows light. This may take all day or all night. Then add two cups of water, warm, but not hot, in which one-half teaspoonful of soda has been dissolved, add flour to make a thin batter, and allow to rise in a warm place until the sponge is light, as you would with any other bread. Next add flour to make a soft dough, mixed with one tablespoonful, each, of sugar and shortening, and let rise in a bowl again. Lastly, knead down once more, this time adding a little more flour mixed with salt in the proportion of one teaspoonful to every three cups of flour used in making the bread. It should now be put in the baking pans, and let rise to double its bulk before baking. Salt-rising bread is leavened by wild yeasts from the air falling into the uncovered mixture of meal and milk used as a starter. These are allowed to multiply, and the salt, which inhibits their growth, is not added until last.

Herb Tonic for Invalids

Mix together one-fourth a pound, each, of red clover and raspberry leaves with two pounds of raisins and one pound and one-half of figs, both chopped. Steep in one gallon and one-half of water overnight, in the morning add two pounds of sugar and bring slowly to a boil. Let boil three or four hours — it should be reduced one-third — and for the last fifteen minutes add two ounces of whole cloves and one-fourth a pound of cinnamon bark, bruised and tied in coarse netting. Strain into sterile jars, and keep in a cool place.

QUERY No. 4240. — "Please give me some information about oven temperatures, what degree by the thermometer is meant by a slow, a moderate or a quick oven? Do you advise the use of an oven thermometer for an inexperienced housekeeper?"

Baking Temperature and Oven Thermometers

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When cooked with pot-roast or cheaper cuts of meats cranberries make the meat tender and delicious. (See recipe folder for this and other recipes.)

8 lbs. cranberries and 2½ lbs. of sugar make 10 tumblers of beautiful clear jelly. Try this recipe:—

Cranberry Jelly

Cook until soft the desired quantity of cranberries with 1½ pints of water for each two quarts of berries. Strain the juice through a jelly bag.

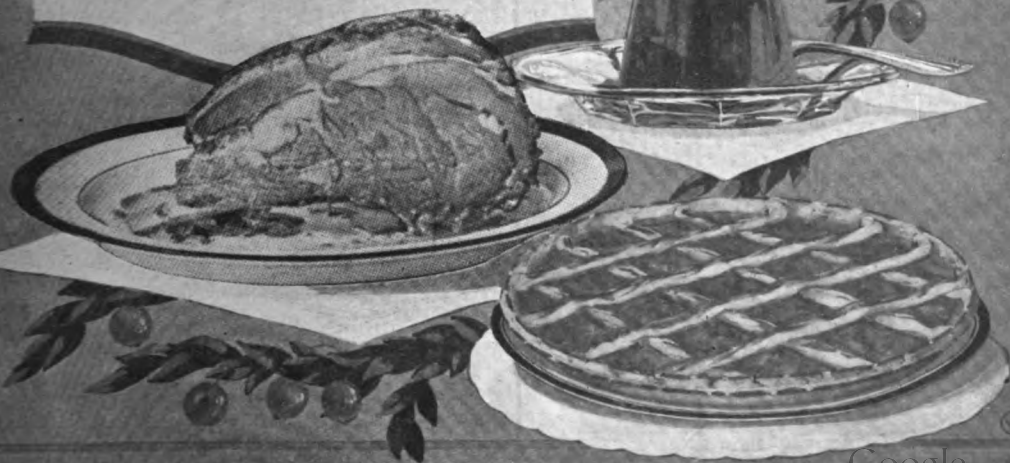
Measure the juice and heat it to the boiling point. Add one cup of sugar for every two cups of juice; stir until the sugar is dissolved; boil briskly for five minutes; skim, and pour into glass tumblers, porcelain or crockery molds.

Always cook cranberries in porcelain-lined, enameled or aluminum utensils.

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middle of the oven is from 250° to 350° Fahrenheit. A moderate oven has a temperature of from 350° to 400° Fah.; a quick or hot oven is one heated to 450° Fah.; and a very hot or pastry oven is heated to 500° or 550° Fah. Sometimes the baking of a dish is done by maintaining the same temperature from start to finish; sometimes the temperature is high at first, as in the roasting of meats, and is then decreased; sometimes it is low at first, as very often in bread or cake baking, and is gradually increased.

By all means we recommend the use of an oven thermometer or some device for registering the heat, and maintaining it at a constant degree. Every house-keeper, whether inexperienced or experienced, should have one, for the regulation of heat is the greatest factor in successful cooking. Not only this, but different flavors may be developed by the use of gradually increasing, or gradually decreasing the temperature of her oven, and the cook who has mastered the science of using the correct temperature for different dishes will be pretty sure of success; she can play with her temperatures to produce the result she wishes.

All the house-furnishing stores or departments now carry improved and up-to-date devices for the regulation of oven-temperature; you will do well to examine them carefully before you make your choice.

Boston Cooking Magazine:

In your recent numbers you speak about bread flour being used in all published recipes where yeast is used. Otherwise pastry flour. What is the difference in thickening properties of the two flours? How much, generally speaking, of milk and baking powder should be used for recipes with pastry flour? Where we have old recipes where bread flour is used, how can we change them so as to use pastry flour in cake, etc.? What is the general proportion for thickening, wetting, etc.?

Miss M. T. Nixon.



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 IN TEN WEEKS



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Kindly send me sample of
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 10 weeks' spare time.

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Address.....

Bread Flour vs. Pastry Flour in Batters and Doughs

Since we have been asked to discuss
 this subject let us begin at the beginning,
 and describe first how one may be known
 from the other.

The color of bread flour is a creamy
 white; its texture, when tested by rub-
 bing a little between the tips of finger and
 thumb, is very slightly rough; and if a
 handful is squeezed hard in the fist it will
 not show the marks of the lines or creases
 of the fingers.

Pastry flour is a purer white; its
 texture is smooth and velvety; and when
 squeezed in the hand it retains the mark
 of every crease.

In working with the two, it will be
 found that bread flour "goes farther"
 than pastry flour—that is, it takes up
 more water, so that a larger loaf results
 from the same quantity of wetting or
 liquid used in the making. Here let us
 say that it is always the liquid, rather
 than the flour, which is the measure of the
 loaf. The liquid is the constant, the
 standard, for the flour varies according to
 the brand. Hence, it will be seen that
 bread flour is more economical, other
 things being equal, since it will yield a
 larger number of loaves for the same
 volume. This is because its gluten is, to
 use the trade term, "stronger," it will
 stand more kneading, it will take up more
 water. Experiment has shown that one-
 eighth more pastry flour by volume is
 needed to make a dough or batter of the
 same thickness as that made by any given
 volume of bread flour.

The dough or batter made by bread
 flour will be tougher than that made by
 pastry flour. This is why the latter is
 recommended for delicate cakes and
 pastry, it will make them more tender,
 crisp and flaky.

But the flavor of bread flour is richer,
 therefore, when rich cakes are made with
 a great deal of shortening, many persons
 prefer to use a strong bread flour, for in
 this case the shortening will counteract
 the toughness.

Mrs. Knox's Page

I THINK THIS IS The BEST DESSERT IN THE WORLD"

THIS recipe was sent in by a woman from California. I have found it easy to make, delightful to the eye, appropriate for any occasion — and delicious for grown-ups as well as children. Try it and see if you, too, do not think it is the best dessert you ever tasted!



PINEAPPLE BUTTERFLY PARFAIT

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
2 cups hot boiled rice
 $1\frac{1}{3}$ cups milk

1 cup cream
1 cup chopped nut meats
1 cup sugar

$\frac{1}{4}$ teaspoonful salt
1 teaspoonful vanilla

Soak gelatine in milk ten minutes, dissolve in hot rice. Add sugar and salt, when cool fold in cream, beaten stiff. Add nut meats and flavoring. Turn into wet mold; pack in ice and salt. Cut round slices of canned pineapple across center; decorate mold with these before serving, placing curved edges together to imitate butterfly wings. If possible decorate wings with cut cherries and pour pineapple juice over all. White, maple or brown sugar may be used, the latter preferable. Brown rice is delicious and has more nourishment than white.

A Booklet of the "Best Desserts"

My booklets, "Dainty Desserts" and "Food Economy," containing numberless recipes for other "best desserts," salads, meat and fish molds, relishes and candies, sent free if you will enclose four cents in stamps for postage, and mention your grocer's name.



Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for Gelatine — think of KNOX"

MRS CHARLES B. KNOX

KNOX GELATINE

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Crawford Ranges

***Bake in three ovens and use
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same time***

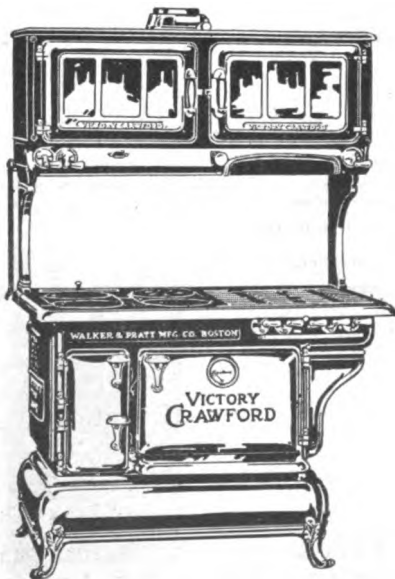
The new Victory Crawford is the only range on the market which does this—and in addition has room for four kettles on the coal griddles and five on the gas burners

And though there is so much oven space—six and a half square feet, or thirteen square feet with the racks—the Victory Crawford measures only forty-three inches from end to end.

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*Makers of Highest Quality Ranges
Furnaces and Boilers*



Whenever yeast is the leaven employed in any flour mixture, it is better to use bread flour, since it holds the carbon dioxide given off during the slow process of the growth of the yeast, and its gluten resists any tendency to burst the bubbles better than the weaker gluten of the pastry flour.

As a general rule, the proportions for a thin batter are equal parts of flour and liquid; for a thick batter, twice as much flour as liquid; for a soft dough three times as much flour as liquid; and for a stiff dough, four or more times as much flour as liquid. When pastry flour is used in a bread-flour recipe, add two (level) tablespoonfuls to every cup of flour the recipe calls for. Examples of the thin batter are pan- or griddle-cakes, waffles, popovers, and sometimes fritter batters, etc. The thick batter is the one used for cakes and muffins, steamed puddings, for the fritter batters which are mixed with chopped vegetables, fruit, etc., rather than used to coat articles whose shape it is desired to preserve, and this batter is also used for the batter breads. The soft dough is the ordinary bread dough, the biscuit dough, the dough for doughnuts and crullers; and the stiff dough is called for in making noodles, and some kinds of cookies and crackers.

No exact proportions of flour can ever be given, for no two brands of flour are alike, and it may even be said that no two millings of flour are identical. Much depends on the weather, the soil, factors over which the manufacturer has little control. The general proportions given above are merely good working rules, but the experienced cook will use a little less or a little more according to her judgment. When eggs are added to a recipe, some flour should be deducted, for eggs have a thickening property equal to, at least, two tablespoonfuls of flour.

Practice, experience, and good judgment are needed for excellence in working with flour mixtures.



It Gives a Greater Relish

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Creamed Chipped Beef—Shred $\frac{1}{2}$ pound of chipped beef with a fork, and pour boiling water over it. Stand a few minutes and drain. Put 2 tablespoonfuls butter in a pan, and when hot throw in the beef and cook until it looks frizzled in appearance. Add $\frac{1}{2}$ cup boiling water and $\frac{1}{2}$ cup Carnation Milk, mixed together, and thicken with 1 tablespoonful of flour which has previously been

creamed with a little Carnation Milk. Cook for five minutes, stirring the while. Add the beaten yolks of 2 eggs and a dash of white pepper. Serve hot on toast or with baked potatoes.

There are many other recipes as good as this in the Carnation Recipe Book. Send for it.

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50c. Rest either end flat over table edge. Draw edge of knife between discs. Discs will tip at proper angle and that's the Knack Of It, which makes perfect work easy.

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42 Meals with receipts and directions for preparing each. 48 pp. 10c.
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The Silver Lining

Limb-ericks

Oh, the Two-toed Sloth swung from a tree.
Upside-down he was dangling in glee.
And he said, "I'm unique.
I'm the one jungle freak
That has had no dance named after me!"

Once a poet whose name we won't quote,
Wished in verse a fair maiden to note.
But her short skirts he spied,
And no sonnet he tried.
But a lim(b)erick — that's what he wrote!
Blanche Elizabeth Wade.

Bernard Shaw: "Say, Einie, do you really think you understand yourself?"
Einstein: "No, Bernie — do you?"
Life.

America is now witnessing the rise of the great meddle class.
Norfolk Virginian-Pilot.

"Tom, go fetch the old horse." "Why the old one, father?" "Wear out the old ones first, that's my motto." "Well, then, father, you fetch the horse."

Foreman: "What are you doin' of, James?"

Bricklayer: "Sharpenin' a bit o' pencil."

Foreman: "You'll 'ave the Union after you, me lad. That's a carpenter's job." — *Punch.*

Judge: "And why haven't you a horn on your automobile?"

Prisoner at the Bar: "Plesa, Mister Joodga, I don't needa da horn. It says on da front, 'Dodge Brothers.'"

Willis: "What is the solution of our present industrial chaos?"

Gillis: "Labor must come down, Capital must come across, Efficiency must come up, and Taxes must come off." — *Judge.*

Mrs. London tells the following of her famous husband, Jack London. "No ad-

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Price now \$1.50

But shucks, the price doesn't count for much when you consider what a great help and comfort the book is in the daily routine of the home. It's what the book does for you, how it makes life easier, how it breaks up difficulties — these are the things that count. Let's put it this way:

In the first place its 1200 recipes are dead sure, and the directions so plain that one can follow them without fear of failure. It is not a hit-or-miss matter, but one of surety.

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Then again, it helps to lighten labor, and any book or thing that can do that ought to be welcome anywhere. To take away the strain of house-keeping, and ease the daily burden, is surely a worthy accomplishment.

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specially adapted to American taste, sent for
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method of
obtaining a Perfect Figure, overcoming Nervousness, Constipation,
Biliousness, Flabbiness of flesh and thinness of body.
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does it **PERFECTLY**. Send this ad., your
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Pay postman 30 cents. Use for 30 days; if
not entirely **SATISFACTORY** return and
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Beats eggs, whips cream, churns butter, mixes
gravies, desserts and dressings, and does the
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Simple and Strong. Saves work—easy
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If your dealer does not carry this, we will send
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Recipe book free with mixer.

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Keeps hands out of the water, no wiping of dishes, saves 1/2 the
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Sent prepaid for \$2.50. Full refund if not satisfactory.

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mission except on business. No business
transacted here." This sign he tacked to
the front door of his summer house. The
legend on the back door was like unto it:
"Please do not enter without knocking.
Please do not knock."

Mother: "No, Bobbie, I can't allow
you to play with that little Kim boy. He
might have a bad influence over you."

Bobbie: "But, mother, can I play
with him for the good influence I might
have over him?" — *New York Globe.*

"Home-Making as a Profession"

HOME-MAKING is the greatest
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SAGE is used largely as a condiment for flavoring dressings for roast meats, fish and fowl — also used for seasoning home-made sausage and cheese.

SAVORY is an aromatic herb that is largely used for seasoning various dishes, alone and in combination with other herbs, such as marjoram, sage, etc.

MARJORAM is peculiarly aromatic and fragrant and is much esteemed by good cooks for its flavoring qualities.

THYME is a pungent aromatic herb that adds a tasty flavor to soups, sauces, etc.

Every housewife that prides herself upon her good cooking should *always* have a package of each of the above herbs on her pantry shelf.

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This Trade Mark stands for the Best in Mustard, Spices, Seasonings and Flavorings. It is an outward sign of "Standard" quality within. You can depend upon it. Always found on Stickney & Poor's Products.

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JUST THE THING FOR THE HOT WEATHER
Gossom's Cream Soups (in Powdered Form)
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Quickly and Easily Prepared.
 Simply add water and boil 15 minutes and you have a delightful soup, of high food value and low cost. One 15 cent package makes 3 pints of soup. These soups do not deteriorate, so may be continually on hand and thus found most convenient. The contents also keep after opening.

Split pea, Green pea, Lima, Celery, Black Bean, Clam Chowder, Onion and (Mushroom 25c).
 Sample sent prepaid on receipt of 20 cents, or one dozen for \$1.75.
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A little Scotch girl was being sent to Sunday-school for the first time. "Noo, Jean," said her mother, "here's a penny; ye're to put it in the plate when they pass it aroon', mind!" "A'richt, mamma," said Jean, "an wha' do I get for it?"
 — *Life*.

From a New England paper: Rev. E. Thompson will preach his farewell sermon on Sunday next. The choir will render an anthem of joy and thanksgiving specially composed for the occasion.

Boston Transcript.

As the Sunday-school teacher entered, she saw leaving in great haste a little girl and her smaller brother. "Why, Mary, you aren't going away?" she exclaimed in surprise. "Pleathe, Mith Anne, we've got to go," was the distressed reply. "Jimmy thwallowed hith collection."

Boston Evening Transcript.

Cooking for Profit

BY ALICE BRADLEY

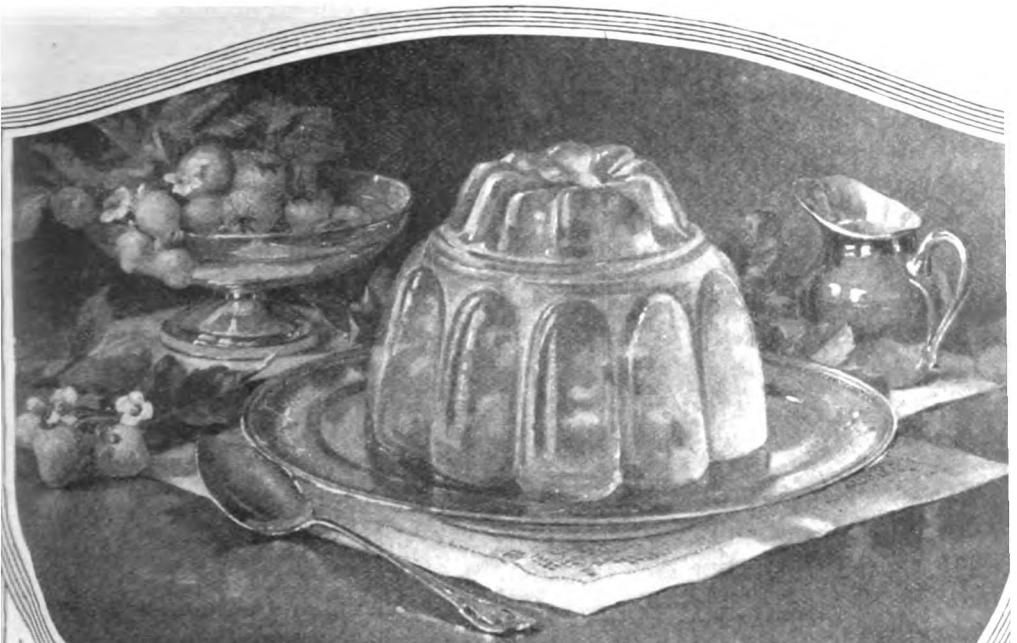
Principal, Miss Farmer's School of Cookery
 Cooking Editor, Woman's Home Companion

IF YOU wish to earn money at home through home cooked food and catering — if you would like to own and conduct a food shop, candy kitchen, tea room, cafeteria or lunch room — if you wish to manage a profitable guest house or small hotel, you will be interested in this new correspondence course.

It explains just how to prepare food, "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all occasions, and tells in detail how to establish and conduct successful tea rooms, etc. — how to manage *all* food service.

The expense for equipment is little or nothing at first, the correspondence instruction is under the personal direction of Miss Bradley which assures your success, the fee for the course is very moderate and may be paid on easy terms. For full details write to American School of Home Economics, 503 W. 69th Street, Chicago.

— *Adv.*



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America's Most Famous Dessert



METHODS of living have undergone great changes in America in the last few years. Elaborate desserts, such as boiled and baked puddings and dyspepsia-producing pies, have given place to the more attractive and healthful desserts made from Jell-O. These desserts are economical both in money and time. Why should any woman stand for hours over a hot fire, mixing compounds to make people ill, when in two minutes, with an expense of a few cents, she can produce such attractive, delicious desserts? Its economy is particularly in point now that it is again selling at 2 packages for 25 cents.

THE GENESEE PURE FOOD COMPANY
Le Roy, New York Bridgeburg, Ontario.

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DR. PRICE'S VANILLA

Supper—with little chocolate-iced cakes, or a foamy snow pudding. How good they are, made with Price's Vanilla! PRICE FLAVORING EXTRACT CO. "Experts in Flavor." Chicago, Ill.



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BEAUTIFUL HAND-MADE FLOWERS

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Large bouquet, \$1.00. Prepaid.
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Send your two "HOUSEHOLD HELPERS," prepared on a week's trial, in the De Luxe binding. If satisfactory, will send you \$5 in full payment (OR) 50 cents and \$1 per month for five months. Otherwise I will return one, both books in seven days. (Regular mail price \$3.14 each)

Name and

Address

Reference

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"The gas company recommended it to me when I bought my range, and it certainly has kept it new and clean. It just 'kills' rust and leaves a beautiful polish. No labor or horrid black grime—and what do you think: it *doesn't stain your hands*. Get it from your dealer.

Price .50 cents Money Back Guarantee

Superior Laboratories
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Dept. 100



Makes Stoves Rustless

Angel Food Cake

8 Inches Square, 5 Inches High
You can be the best cake maker in your neighborhood. You can make the same Angel Food cake and many other kinds that I make and sell at \$3 a loaf—profit, 12, if you

Learn the Osborn Cake Making System
My methods are different. They are the result of twenty years experience as a domestic science expert. My way is easy to learn. It never fails. I have taught thousands. I'll send you full particulars FREE.

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"The Art of Spending"

Tells how to get more for your money—how to live better and save more! How to budget expenses and record them without household accounts. 24 pp. illustrated, 10 cents.

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This Big 5 Pound Bag of Delicious Shelled Peanuts \$1.75

Direct from grower by Prepaid Parcel Post to your door. More and better peanuts than \$5 will buy at stands or stores. Over 60 ways to use them as foods. We guarantee prompt delivery and ship at once. 10 lbs. \$3.00. Money back if not delighted.

EASTERN PEANUT CO., 10 A, HERTFORD, N. C.

Help! Help!! Help!!!

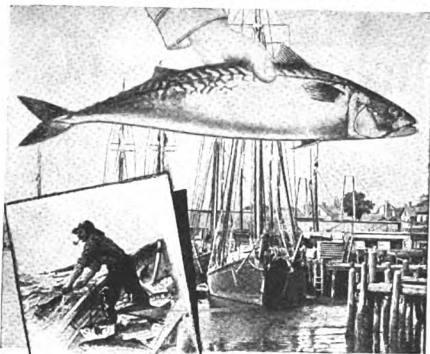
Our two new household helpers on 7 days' free trial! They save you at least an hour a day, worth at only 30 cents an hour, \$2.10 a week. Cost only the 10 cents a week for a year. Send postcard for details of these "helpers," our two new home-study courses, "Household Engineering" and "Lessons in Cooking," now in book form; OR SEND \$5.00 in full payment. Regular price \$6.28. Full refund if not satisfactory.

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Salt Mackerel

CODFISH, FRESH LOBSTER

RIGHT FROM THE FISHING BOATS TO YOU



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Write for this book, "Sea Foods; How to Prepare and Serve Them." Withit we send our list with delivered price of each kind of fish.

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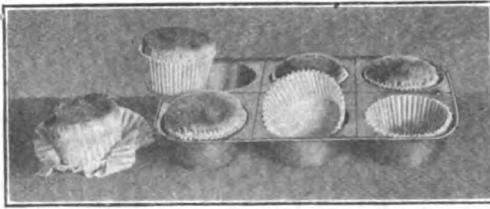
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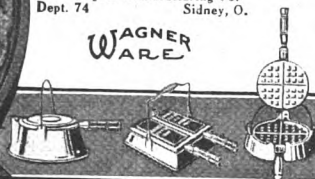
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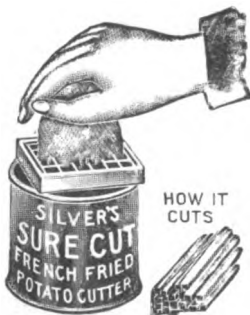
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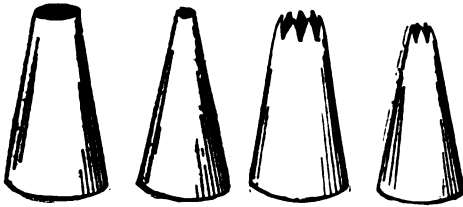
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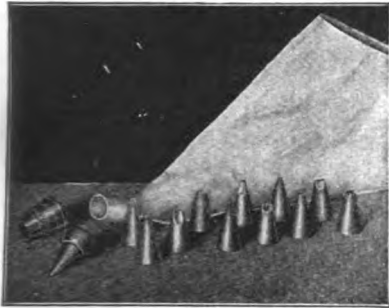


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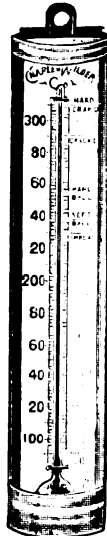
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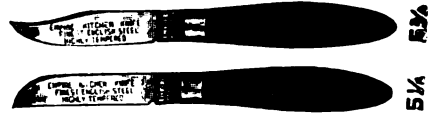
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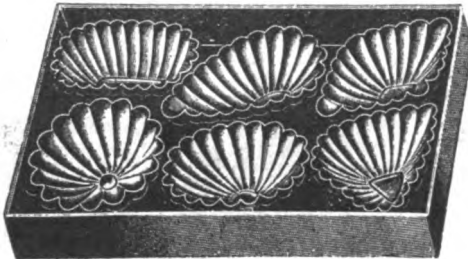
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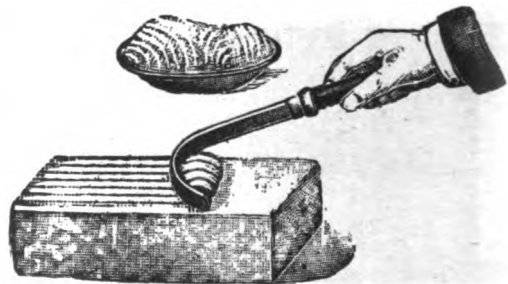
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AMERICAN COOKERY

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NOVEMBER, 1921

No. 4

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\$1.50 A YEAR Published Ten Times a Year 15c A Copy

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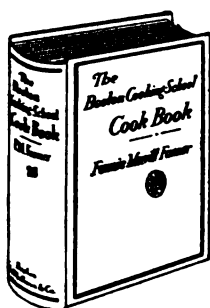
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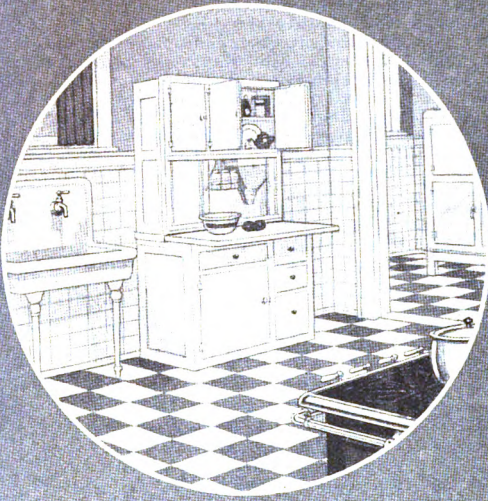
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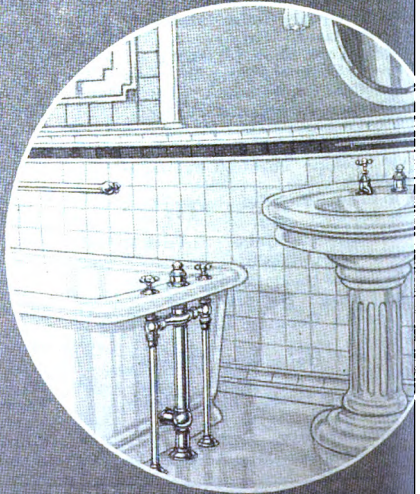
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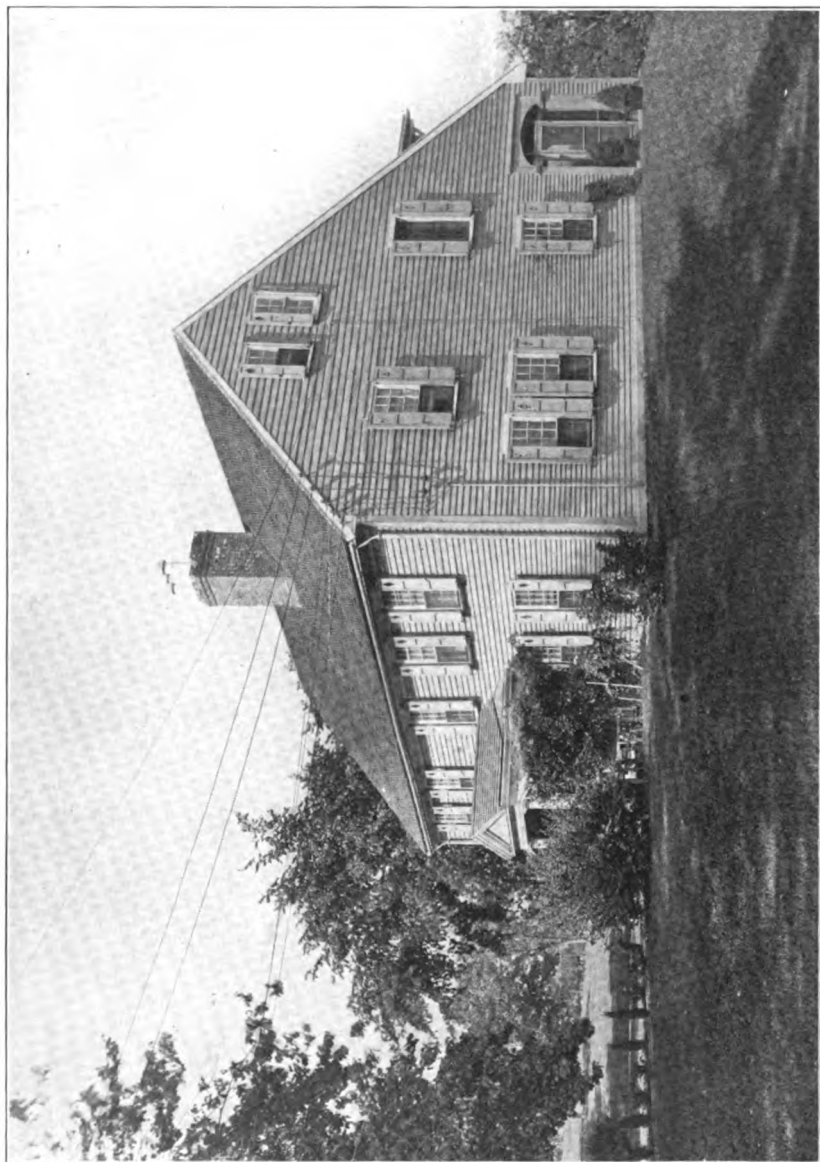




FRUIT SUPRÊME

Fruit Suprême

Select choice, fresh fruit of all varieties obtainable. Slice, using care to remove all skins, stones, seeds, membranes, etc.; for example, each section of orange must be freed from the thin membranous skin in which it grows. Chill the prepared fruit, arrange in fruit cocktail glasses with maraschino syrup. A maraschino cherry is placed on the very top of each service.



WOODEN SHUTTERS, ORNAMENTED, ARE SUITABLE FOR REMODELLED HOUSES

American Cookery

VOL. XXVI

NOVEMBER

NO. 4

Windows and Their Fitments

By Mary Ann Wheelwright

THROUGH the glamour of the Colonial we are forced to acknowledge the classic charm shown in late seventeenth and early eighteenth century window designs. Developed, as they were, by American carpenters who were stimulated by remembrance of their early impressions of English architecture received in the mother land, there is no precise or spiritless copy of English details; rather there is expressed a vitality that has been brought out by earnest effort to reproduce the spirit desired. Undoubtedly the lasting success of early American craftsmanship has been due to the perfect treatment of proportions, as related one to the other. That these are not imitations is proved by an occasional clumsiness which would be impossible, if they were exact copies of their more highly refined English prototypes.

The grasp of the builder's mind is vividly revealed in the construction of these windows, for while blunders are often made, yet successes are much more frequent. They are evolved from remembered motives that have been unified and balanced, that they might accord with the exterior and be knitted successfully into the interior trim. Some of these windows still grace seventeenth century houses, and are found not only on old southern plantations, but all through New England, more especially along the sea coast. True products are they of Colonial craftsmanship, brought into existence by skilled artisans, who have performed their work so perfectly that today they are found unimpaired, striking a dominant

note in accord with the architectural feeling of the period.

There is no question but that windows such as these lend character to any house, provided, of course, that they coincide with the period. Doubtless the designing of modified Colonial houses is responsible, in part, for the present-day revival of interest, not solely in windows of the Colonial period, but also in that which immediately preceded and followed it.

The first ornamental windows were of the casement type, copied from English cottage homes. Like those, they opened outward, and were designed with small panes, either diamond or square shaped. As they were in use long before glass was manufactured in this country, the Colonists were forced to import them direct



GROUP WINDOWS ON STAIRWAY

from England. Many were sent ready to be inserted, with panes already leaded in place. Proof of this is afforded by examples still in existence. These often show strange patches or cutting. The arrangement of casements varies from single windows to groups of two or three, and they were occasionally supplemented by fixed transoms. Surely no phase of window architecture stands out more conspicuously in the evolution of our early designs than the casement with its tiny panes, ornamented with hand-wrought iron strap-hinges which either flared into arrow heads, rounded into knobs, or lengthened into points. That they were very popular is shown from the fact that they withstood the changes of fashion for over a century, not being abolished until about the year 1700.

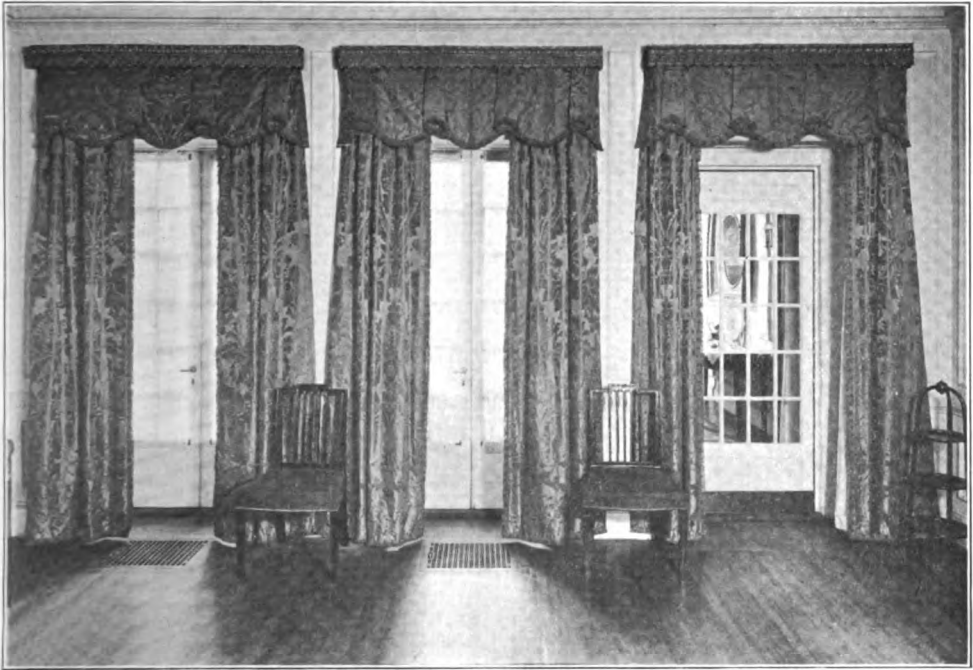
Little drapery is needed in casement windows where they are divided by

mullions. The English draw curtain is admirable for this purpose. It can be made of casement cloth with narrow side curtains and valance of bright material. A charming combination was worked out in a summer cottage. The glass curtains were of black and white voile with tiny figures introduced. This was trimmed with a narrow black and white fringe, while the overdrapery had a black background patterned with old rose.

In the field of architectural progress, more especially during the last few years, there have arisen vast possibilities for the development of odd windows. These, if properly placed, showing correct grouping, are artistic, not only from the outside, but from the inside as well. The artistic woman, realizing the value of color, will fill a bright china bowl with glowing blossoms and place it in the center of a wide window sill, where the



GROUPED WINDOWS WITH SQUARE PANES, LACE GLASS CURTAINS
AND CRETONNE OVER CURTAINS



FOR FRENCH DOORS, USE MUSLIN WITH SILK-LINED OVERHANG

sun, playing across them, will carry their cheerful color throughout the room. She also trains vines to meander over the window pane, working out a delicate tracery that is most effective, suspending baskets of ferns from the upper casement, that she may break the length of her Colonial window. Thus through many artifices she causes her simple room to bloom and blossom like a rose.

The progress made in window architecture is more apparent as we study the early types. Then small attention was paid to details, the windows placed with little thought of artistic grouping. Their only object to light the room, often they stood like soldiers on parade, in a straight row, lining the front of the house.

Out of the past has come a vast array of period windows, each one of which is of interest. They display an unmistakable relationship to one another, for while we acknowledge that they differ in detail and ornamentation, yet do they invariably show in their conception some underlying unity. There is no more

fascinating study than to take each one separately and carefully analyze its every detail, for thus only can we recognize and appreciate the links which connect them with the early American types.

We happen upon them not only in the modified Colonial structures, but in houses in every period of architecture. It may be only a fragment, possibly a choice bit of carving; or it may be a window composed in the old-fashioned manner of from nine to thirty panes, introduced in Colonial days for the sake of avoiding the glass tax levied upon them if over a certain size. A charming example of a reproduction of one of these thirty-paned windows may be seen in a rough plaster house built in Salem, after the great fire. The suggestion was taken from an old historic house in a fine state of preservation in Boxford, Mass.

The first American homes derived their plans and their finish from medieval English tradition. They were forced to utilize such materials as they were able to obtain, and step by step they bettered

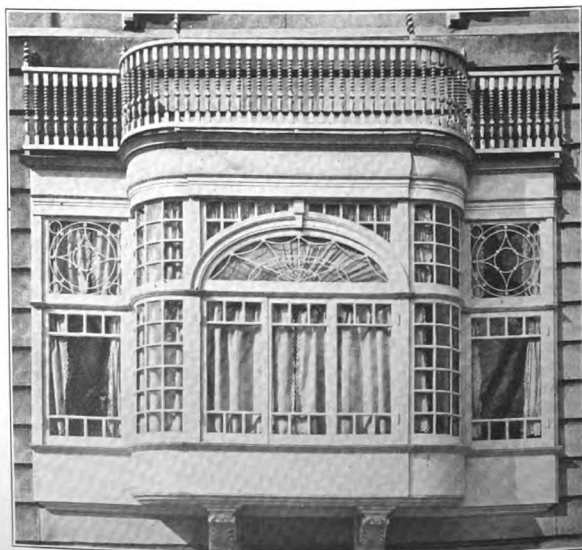
the construction and ornamentation of their homes. As increasing means and added material allowed, they planned and executed more elaborately, not only in size and finish, but in the adding of window casings, caps, and shutters.

The acme of Colonial architecture was reached with the development of the large square houses with exquisitely designed entrances and porticos. These often showed recessed and arched windows, also those of the Palladian type. At the Lindens, Danvers, Mass., a memory-haunted mansion, may be seen one of the finest examples of these recessed windows. This famous dwelling, the work of an English architect, who built it in about 1770, is linked with American history through its use by General Gage as his headquarters during the Revolution.

The recessed windows that are found here reveal delicate mouldings in the

classic bead and filet design, and are surmounted by an elaborate moulded cornice, which lends great dignity to the room. This is supported by delicate pilasters and balanced by the swelling base shown below the window seats. Such a window as this is no mere incident, or cut in the wall; on the contrary, it is structural treatment of woodwork. Another feature of pronounced interest may be noted on the stair landing, where a charming Palladian window overlooks the old-fashioned box-bordered garden that has been laid out at the rear.

We have dwelt, perhaps, too much on the old Colonial types, neglecting those of the present day, but it has been through a feeling that with an intimate knowledge of their designs we shall be better able to appreciate the products of our own age, whose creators drew their inspiration from the past. A modern treatment of windows appears in our illustration.



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THATCHED-STYLE COTTAGE FOR AMERICAN SUBURBS

The Tiny House

By Ruth Merton

(Concluded from October)

IF, some fine day, all housewives awoke to the fact that most of the trouble in the world originates in the kitchen, there would shortly be a little more interest in kitchen problems and not so much distaste for and neglect of this important part of the house.

Of course, women will cry out that we have never in our lives been so intent on just that one subject, kitchens, as we are today.

I admit that there is a good deal of talk going on which might lead one to believe that vacuum cleaners and electric-washing machines, etc., are to bring about the millenium for housekeepers; and there is also a good work going forward to make of housework a real profession.

But, until in the average home there comes the feeling that the kitchen — the room itself — is just as much an expression of the family life and aims and ideals

as the living room or any other room, we shall be only beating about the bush in our endeavor to find a remedy for some of our perplexing troubles.

Nowadays, women who are doing much work out in the big world — the so-called “enfranchised” women — are many of them proving that they find housework no detriment to their careers and some even admit that they enjoy it.

But so far most of them have standardized their work and systematized it, with the mere idea of doing what they have to do “efficiently” and well, with the least expenditure of time and energy. And they have more than succeeded in proving the “drudgery” plea unfounded.

Now, however, we need something more. We need to make housework attractive; in other words, to put charm in the kitchen.

There is one very simple way of doing

this, that is to make kitchens good to look at, and inviting as a place to stay and work.

For the professional, scientifically inclined houseworker, the most beautiful kitchen may be the white porcelain one, with cold, snowy cleanliness suggesting sterilized utensils and carefully measured food calories.

But to the woman whose cooking and dishwashing are just more or less pleasant incidents in a pleasant round of home and social duties, the kitchen must suggest another kind of beauty — not necessarily a beauty which harbors germs, nor makes the work less conveniently done, but a beauty of kindly associations with furniture and arrangements.

Who could grow fond of a white-tiled floor or a porcelain sink as they exist in so many modern kitchens! And as for the bulgy and top-heavy cook stoves, badly proportioned refrigerators, and kitchen cabinets — well, we should have to like cooking *very* well indeed before we could feel any pleasure in the mere presence of these necessary but unnecessarily ugly accompaniments to our work.

We have come to think of cleanliness as not only next to godliness, but as something which takes the place of beauty — is beauty. . . .

This attitude is laziness on our part, for we need sacrifice nothing to utility and convenience, yet may still contrive our kitchen furniture so that it, also, pleases the senses. With a little conscientious reflection on the subject we may make kitchens which have all the charm of the old, combined with all the convenience of the new; and woman will have found a place to reconcile her old and new selves, the housewife and the suffragist, the mother-by-the-fireside and the participator in public affairs. The family will have found a new-old place of reunion — the kitchen!

Granted then that our tiny house has a kitchen-with-charm, and an "other room," the rest of the available space may be divided into the requisite number of bed and living rooms, according to the needs of the family.

There is only one other very important thing to look out for; that is the matter of closets. There is no rule for the



KITCHEN FOR THATCHED-STYLE COTTAGE

number of closets which will make the tiny house livable, but I should say, the more the merrier. If there is ever question of sacrificing a small room and gaining a large closet, by all means do it, for absolute neatness is the saving grace of small quarters, and storage places are essential, if one does not wish to live in a vortex of yesterday's and tomorrow's affairs with no room to concentrate on the present.

Inside and outside the tiny house must conform to one law — elimination of non-essentials; and the person who has a clear idea of his individual needs and has also the strength of will to limit his needs to his circumstances, will find in his tiny house a satisfaction more than compensating for any sacrifices he may have made.

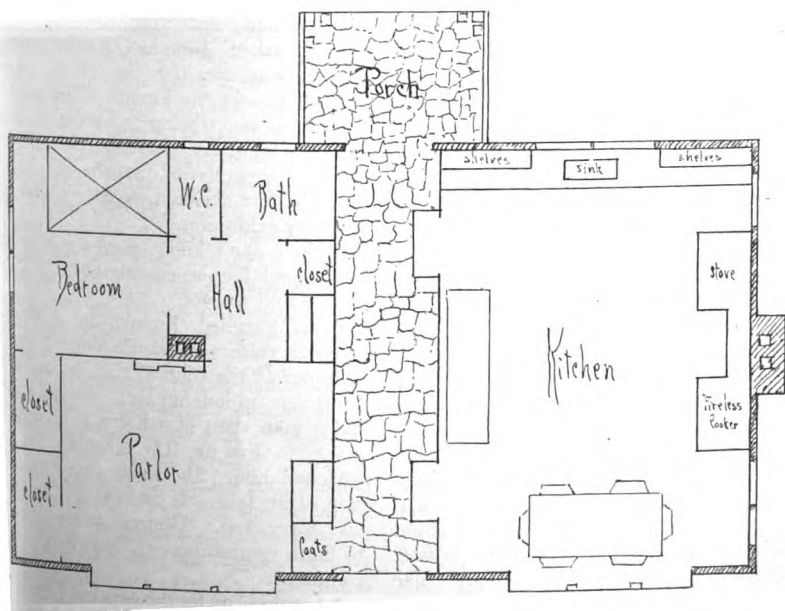
No one doubts that it is a sacrifice to give up a lesser pleasure even to gain the "summum bonum" and that it *does* take will power to keep oneself from weakly saying in the face of temptation, "Oh, well! what does it matter! My little house would perhaps be better without that, but I have grown accustomed to it, let it stay!"

Such weakness is fatal in a tiny house.
But how much more fatal in a tiny garden!

Oh! the waste lands which lie beneath the sun trying to call themselves gardens! Oh! the pitiful little plots, unfenced, unused, entirely misunderstood by people who stick houses in the middle of them and call them "gardens"!

No amount of good grass seed, or expensive planting, or well-cared-for flow-

(Continued on page 289)



FIRST-FLOOR PLAN OF THATCHED COTTAGE

"You're Not Supposed To, Jimmie"

By Eva J. DeMarsh

"**H**UH!" exclaimed Jennie, "there comes Aunt Rachel! Wonder what she wants now? Last time it was — no, it wasn't — that was the time when Jimmie Upson and his wife were here. How scandalized Aunt Rachel looked! Said I'd ruin my husband, and a lot of such tommyrot. As though Jimmie and I couldn't afford a spread now and then! I didn't, and I won't, tell Aunt Rachel that it was a special party and a special occasion. Of course, I know Jimmie isn't a millionaire, but — it's none of Aunt Rachel's business, so there!" she finished defiantly.

Aunt Rachel plodded blissfully up the walk. "Jennie'll be glad to see me, I know," she mused. "She's high-headed, but she knows a good thing when she sees it, and I help her a lot."

Jennie received her aunt with cordiality, but not effusiveness. To be discourteous was something she could not be. Besides, she liked Aunt Rachel and pitied her idiosyncrasies. "Why can't she be as nice when she goes to people's houses as she is when she is at home?" she mused. "I love to go there, and everything is just perfect, but the minute she steps outside the door — well, we all know Aunt Rachel! And she doesn't go home early either. Jimmie'll be furious. She always calls him 'James' and asks after his health and — and everything. I do so want him to like her, but I'm afraid he never will. I do wish I could get her interested in something. I have it!" she exclaimed triumphantly. "The very thing!"

Aunt Rachel looked up in surprise. "What's the matter, Jennie?" she inquired.

"Oh, nothing much, Auntie! I was just thinking aloud."

"Don't!" said Aunt Rachel. "It's a

bad habit, Jennie — though I do do it myself, sometimes."

"Sometimes!" Jennie turned away to hide her smile. Why, Aunt Rachel made a business of talking aloud!

As luck would have it, the dinner went off to Aunt Rachel's satisfaction. It was good, but conservative.

"Jennie is learning," thought the old lady to herself. "After I've been here a few times more, she'll get along all right."

Aunt Rachel hadn't noticed that every idea Jennie has used was, strictly, either Jennie's own or her mother's.

"How long does your aunt expect to stay?" asked Jimmie, casually, while Jennie was clearing the table. Aunt Rachel was in the kitchen. She prided herself on never being "a burden on any one." Doubtless, some of her friends would have preferred that she be. Most of us have a skeleton we do not wish to keep on exhibition.

"Oh, I don't know, maybe a week or two," said Jennie, mischievously. "She hasn't told me yet."

"Oh!" replied Jimmie, in a disappointed voice. "Business down town"? "Dinner at the Club"? No, he couldn't keep that up indefinitely. Besides, what did a man want of a home, if he wasn't going to live in it? Covertly, Jennie watched him. She knew every expression of his face. It amused her, but she was sorry, too. "Jimmie wants awfully to flunk — and dassent," was her mental comment.

"Anything on for this evening, Jimmie?" inquired Jennie, sweetly, too sweetly, Jimmie thought. He had heard those dulcet tones before.

"Yes — no!" stammered Jimmie. How he wished he had! However, as Jennie said no more, he dismissed the subject

from his mind. She probably didn't really mean anything, anyway.

When James Atherton reached home that evening, he found the house lighted from top to bottom. Beautifully dressed women were everywhere, and in their midst — Aunt Rachel, at her best!

"Ladies," she exclaimed, and Jimmie paused to listen, "I am honored — more so than you can guess — at the distinction conferred upon me. This afternoon you have seen fit to make me one of your leaders in a most important movement for civic betterment — an honor never before accorded a woman in this city — and I need not assure you that you shall not regret your choice. As a member of the Civic Betterment Committee of London, I shall do my duty." ("I bet she will!" commented Jimmie, *sotto voce*.) "Again I thank you!" went on Aunt Rachel. "There's a work for you and for me now to do, and —" she paused impressively, "we will do it." ("I'll bet on you every time, Auntie," commented Jimmie to himself.)

"Jimmie Atherton, what in the world are you doing?" whispered an exasperated voice. "Hurry, Jimmie, hurry — do!" urged Jennie. "Dinner is almost ready to serve, and you haven't even made the first move to dress. Hurry, Jimmie, please!" And Jimmie did. He fairly sprinted into his clothes, appearing presently fully clad and good to look upon.

"Bet you a nickel Jennie couldn't have done that," he reflected, complacently. "Women never can get a move on them, where clothes are concerned."

That was the best evening Aunt Rachel had ever spent. She was the center of attraction; she had found a mission — not a desultory one, but one far-reaching in scope, so it seemed to her; and like a war-horse, she was after the charge.

Jennie's plans went through without a hitch. Aunt Rachel became, not only a member of the Committee on Civic Betterment, but, as well, its head and, in due season, mayor of the little city

itself. Under her active management, Loudon became noted as a model city of its size, one good to look upon and good to live in. Crime fled, or scurried to cover, and Aunt Rachel blossomed like a rose. One day when Jimmie came home something seemed to please him greatly.

"What do you think, Jennie," he said, "Aunt Rachel is going to be married! Yes, she is! I've got it on the best of authority — the groom himself."

"Who?" gasped Jennie. "Why, Jimmie; she just HATES men! She's always said they were only a necessary evil."

"Yes, I know," smiled Jimmie, "that's what she used to say, but she'd never met Jacob Crowder then."

"Jacob Crowder!" exclaimed Jennie. "Why, Jimmie, he's as rich as Croesus, and he's always hated women as much as Aunt Rachel has hated men!"

"Yes," said Jimmie, "but that was before he met Aunt Rachel. He has been her righthand man for some time now, and they've seemed to hit it off pretty well. Guess they'll get along all right in double harness."

"When the girls and I steered Aunt Rachel into politics," said Jennie, "little we thought where it would all end. I'm glad, glad, though! Aunt Rachel is really splendid, but I've always thought she was suffering from something. Now I know what — it's ingrowing ambition. She will have all she can do now to take care of her own home and we won't see her so often."

"Oh, ho! So that's it?" smiled Jimmie. "Well, you girls, as has happened to many another would-be plotter before now, have found things have gotten rather out of your hands, haven't you?"

Jennie shrugged her shoulders.

"We can have the wedding here, can't we, Jimmie?" she asked, somewhat wistfully.

Jimmie wondered if she had heard him. Perhaps — and then again, perhaps not.

"I don't see where we come in on it," he remarked. "It's a church affair, you know."

"Oh!" said Jennie. "But there'll be a reception, of course, and if she'll let us have it here, I'll have every one of us girls she has helped so much in the past."

Jimmie stared. "Consistency—" he muttered.

"What's that you said, Jimmie? Are you ill?" inquired Jennie, anxiously.

"No!" replied Jimmie, "it's you women! I can't understand you at all!"

"You're not supposed to, Jimmie, dear," answered Jennie sweetly.

Somebody's Cat

By Ida R. Fargo

I NEVER thought I should come to like cats. But I have. Perhaps it is because, as my Aunt Amanda used to say, we change every seven years, sort of start over again, as it were; and find we have new thoughts, different ideas, unexpected tastes, strange attractions, and shifting doubts. Or, it may be, we merely come to a new milestone from which, looking back, we are able to regard our own personality from a hitherto unknown angle. We discover ourselves anew, and delight in the experiment.

Or, it may all be, as my husband stolidly affirms, just the logical result of meeting Sir Christopher Columbus, a carnivorous quadruped of the family *Felida*, much domesticated, in this case, white with markings as black and shiny as a crow's wing, so named because he voyaged about our village, not in search of a new world, but in search of a new home. He came to us. It is flattering to be chosen. He stayed. But who could resist Sir Christopher?

My husband and my Aunt Amanda may both be right. I strongly suspect they are. I also strongly suspect that Sir Christopher himself has much to do with my change of mental attitude: He is well-mannered, good to look upon, quite adorable, independent and patient. (Indeed, if people were half as patient as my cat this would be a different world to live in.) More: He has taught me many things, he talks without making too much noise; in fact, I have read whole sermons in his soft purrings. And

I verily believe that many people might learn much from the family cat, except for the fact that we humans are such poor translators. We know only our own language. More's the pity.

Had I known Sir Christopher as a kitten, doubtless he might have added still more to my education. But I did not. He was quite full grown when I first laid my eyes upon him. He was sitting in the sun, on top of a rail fence, blinking at me consideringly. The fence skirted a little trail that led from my back yard down to Calapooia Creek. It seemed trying to push back a fringe of scrubby underbrush which ran down a hillside; a fringe which was, in truth, but a feeler from the great forest of Douglas fir which one saw marching, file upon file, row upon row, back and back to the snows of the high Cascades.

And the white of Sir Christopher's vest and snowy gauntlets was just as gleamingly clean as the icy frosting over the hills. Sir Christopher, even a cat, believed firmly in sartorial pulchritude. I admired him for that, even from the first glance; and, afterward, I put me up three new mirrors: I did not mean to be outdone by my cat, I intended to look tidy every minute, and there is nothing like mirrors to tell the truth. Credit for the initial impulse, however, belongs to Christopher C.

But that first morning, I merely glanced at him, sitting so comfortably on the top rail of the fence, blinking in the sun.

"Somebody's cat," said I, and went on down to the creek to see if Curlylocks had tumbled in.

Coming back, the cat was still there. Doubtless he had taken a nap between times. But he might have been carved of stone, so still he lay, till my youngest, tugging at my hand, coaxed:

"Kitty — kitty — kitty. Muvver, see my 'ittle kitty?"

And I declare, if Sir Christopher (my husband and ten-year-old Ted named him that very evening) didn't look at me and wink. Then he jumped down and followed, very dignified, very discreet.

I attempted to shoo him back. But he wouldn't shoo. He merely stopped and seemed to consider matters. Or serenely remained far enough off to "play safe."

Meanwhile, my youngest continued to reiterate: "Kitty — kitty — kitty! My 'ittle kitty!"

"No, Curlylocks," said I, "it isn't your little kitty. It is somebody's cat."

Which merely shows that I knew not whereof I spoke. Sir Christopher proceeded to teach me.

Of course, at first I thought his stay with us was merely a temporary matter; like some folk, he had decided to go on a visit and stay over night. But when Sir Christopher continued to tarry, I enquired, I looked about, I advertised — and I assured the children that some one, somewhere, must surely be mourning the loss of a precious pet; some one, sometime, would come to claim him.

But no one came.

Days slid away, weeks slipped into months, winter walked our way, and spring, and summer again. Sir Christopher C. had deliberately adopted us, for he made no move toward finding another abiding place. He was no longer Somebody's cat, he was our cat; for, indeed, is not possession nine points of the law?

Then one day when heat shimmered over the valley, when the dandelions had seeded and the thistles had bloomed,

when the corn stood heavy and the cricket tuned his evening fiddle, when spots in the lawn turned brown, where the sprinkler missed, when the baby waked and fretted, and swearing, sweating men turned to the west and wondered what had held up the sea breeze — Sir Christopher missed his supper. He vanished as completely as if he had been kidnapped by the Air Patrol. Three weeks went by and we gave him up for lost, although the children still prowled about looking over strange premises, peeping through back gates, trailing down unaccustomed lanes and along Calapooia Creek, for "We *might* find him," they insisted. Truly, "Hope springs eternal."

"Perhaps, he has gone back where he came from," said Daddy. "Perhaps, he has grown tired of us."

But My Man's voice was a little too matter-of-factly gruff — indeed, he had grown very fond of Sir Christopher — and as for the children, they would accept no such explanation.

It was Curlylocks who found Sir Christopher — or did Sir Chris find Curlylocks? Anyway, they came walking through the gate, my youngest declaiming, "Kitty — kitty — kitty! My 'ittle kitty!"

And since that time, every summer, Sir Christopher takes a vacation. He comes back so sleek and proud and happy that he can hardly contain himself. He rubs against each of us in turn, purring the most satisfied purr — if we could but fully understand the dialect he speaks! — as if he would impart to us something truly important.

"I declare," said Daddy, one day, "I believe that cat goes up in the hills and hunts."

"Camps out and has a good time," added daughter.

"And fishes," suggested Ted. "Cats *do* catch fish. Sometimes. I've read about it."

Daddy nodded. "Seems to agree with him, whatever he does."

"Vacations agree with anybody," asserted my oldest. And then, "I don't see why we can't go along with Sir Chris. At least we might go the same *time* he does."

"Mother, couldn't we?" — it was a question that gathered weight and momentum like a snowball rolling down hill, for I had always insisted that, with a big family like mine, I could never bother to go camping. I wanted to be where things were handy: running water from a faucet, bathtubs and gas and linoleum, a smoothly cut lawn and a morning postman. Go camping with a family like mine? Never.

But the thought once set going would not down. Perhaps, after all, Sir Christopher was right and I was wrong. For people did go camping, most people, even groups to the number of nine (the right count for our family), and they seemed to enjoy it. They fought with mosquitoes, and fell into creeks; they were blotched with poison oak, black from exposure, lame from undue exercise, and looked worse than vagrant gipsies — but they came home happy. Even those who spent days in bed to rest up from their rest (I have known such) seemed happy. And every one sighs and says, "We had such a good time! We're planning to go back again next summer."

So at last I gave up — or gave in. We went to the mountains, following up the trail along Calapooia Creek; we camped and hunted and fished to the hearts' content. We learned to cook hotcakes out-of-doors, and how to make sourdough biscuit, and to frizzle bacon before a bonfire, and to bake ham in a bread pan, such as our mothers fitted five loaves of bread in; we learned to love hash, and like potatoes boiled in their jackets, and coffee with the cream left out. We went three miles to borrow a match; we divided salt with the stranger who had forgotten his; we learned that fish is good on other days than Friday and that trout crisps beautifully in bacon grease; we found eleven uses for empty lard pails and

discovered the difference between an owl and a tree toad. We gained a speaking acquaintance with the Great Dipper, and learned where to look for the north star, why fires must be put out and what chipmunks do for a living. We learned —

Last night we came home.

"Now, mother, aren't you really glad you went?" quizzed Daddy.

"Yes-s," said I, slowly, "I'm glad I went. It has been a new experience. I feel like I'd gained a degree at the State University."

My understanding mate merely chuckled — and went on unpacking the tinware. But Ted spoke up:

"Gee! Bet I make good in English III this year. Got all sorts of ideas for themes. This trip's been bully."

"We'll go again, won't we, Mother?" asked my oldest.

"I think we'll always go again," answered I — some sober thinking I was doing, as I folded away the blankets.

"Let me get supper" — it was Laura, my middle girl, speaking — "surely I can cook on gas, if I can over a campfire." And Laura had never wanted to cook! Strange tendencies develop when one lives out in the open a space of time.

But Curlylocks was undisturbed. "Kitty — kitty — kitty! My 'ittle kitty!" he reiterated. And truly, so my neighbor told me, Sir Christopher had beat us home by a scant twenty-four hours. He rubbed about us in turns, happily purring.

"He's telling us all what a good time he had," said I, understanding at last, "but he is adding, I think, that the best part of going away is getting home again."

"But if we didn't go we couldn't get home again," said Somebody.

And somebody's cat purred his approval. Perhaps, after all, he finds us a teachable family. Or perhaps he knows that once caught by the lure of the hills, once having tasted the tang of mountainous ozone, we will always go back — he has rare intuitions, has Sir Christopher. For, already, I find myself figuring to

fashion a detachable long handle for the frying pan: Yes, next time, we shall plan to conserve both fingers and face. Next time! That is the beauty of vacation days: We think of them when the frost comes, when the snow drifts deep, when

the arbutus blooms again — and we plan, plan, plan! And are very happy — because of memory, and anticipation. We have opened barred windows, and widened our life's horizon. Does Sir Christopher guess? Wise old Sir Chris!

Homing-It in an Apartment

By Ernest L. Thurston

THERE were four of them — all girls employed in great offices. Alone, far away from their home towns and families, they were all suffering from attacks of too-much-boarding-house. Each was longing for a real, home-y place to live in. And out of that longing was born, in time, an idea, which developed, after much planning, figuring and price-getting, into a concrete plan and a course of action. They were good friends, of congenial tastes, and so they decided to "home-it" together.

Now this is nothing new, in itself. It was the thorough way they went about it that was not so common. They applied the rules of their business life, and studied their proposed path before they set foot in it. They looked over the field, weighed the problems, decided what they could do, and then arranged to put themselves on a sound financial basis from the start.

All had occupied separate rooms in sundry boarding houses. Each had experience in "meals in" and "meals out." Each could analyze fairly accurately her expenses for the preceding six months. After study, they decided that, without increasing their combined expense, they could have comfortable quarters of their own and more than meet all their needs. "Freedom, food, furniture, fixing and friends," said Margaret, "without the boarding house flavor."

They longed for a little house and garden of their own. But they were busy people, and this would mean extra hours

of care and labor, more demands on their strength, and a longer travel distance — a load they felt they could not carry. So they sought an apartment.

The search was long but they found it. It was in a small structure, on a quiet street, and several flights up, without elevator. But, as Peggy said, "Elevators have not been in style in our boarding houses, and flights of stairs have — so what matters it?" The suite, when you arrived up there, was airy and comfortable. It provided two bedrooms, a cheery living room, a dining room and a kitchenette. Clarice remarked, "The 'ette' is so small we can save steps by being within hand's reach of everything, no matter where we stand."

The rent was less than the combined rental of their four old rooms. Heat and janitor service were provided without charge, but they were obliged to meet the expense of gas for the range and of electric lights.

They might have lived along happily in their new nest without a budget, and without specific agreements as to expense. But they were business girls. So they sat right down and decided every point, modifying each, under trial, to a workable proposition. Then they stuck to it and *made* it work.

There was the matter of furnishing. Each partner, while retaining personal title to her property, contributed to general use such articles of furniture she possessed as met apartment needs. From one, for example, came a comfortable

bed, from another, chairs and a reading lamp, from a third a lounge chair, and from the fourth her piano and couch. Of small rugs, sofa pillows, pictures and miscellaneous small furnishings there were sufficient to make possible a real selection.

Then the four determined on further absolute essentials to make the rooms homelike. There were needed comfortable single beds for each, dressing tables, bed linen, dining-room equipment, kitchen ware, a chair or two, and draperies. Their decisions were made in committee-of-the-whole, and nothing was done that could not meet with the willing consent of all.

To meet the first cost they each contributed fifty dollars from their small savings, and assessed themselves a dollar and a quarter per week thereafter. They then bought their equipment, paying part cash and arranging for the balance on time. And be sure it was fun getting it!

Then there was the question of meals. It was determined to prepare their breakfasts and dinners and to put up lunches. To allow a certain freedom, it was agreed that each should pack her own lunch, and that regular meals should be cooked and served, turn and turn about, each partner acting for a week. A second member washed the dishes and took general care of the apartment. Thus a girl's general program reduced to,

First week	Cooking
Second week	Free
Third week	Dishes, etc.
Fourth week	Free
Fifth week	Cooking
Etc.	

During an experimental period, the cost of provisions and ice was summed up weekly and paid by equal assessment. Later a fixed assessment of seven dollars, each, was agreed to, and proved sufficient. There were even slight surpluses to go into the mannikin jar on the living room mantel, which Clarice called the "Do Drop Inn", because it provided from its

contents refreshment for those who dropped in of an evening.

Naturally there was a friendly rivalry, not only in making the most of the allotment, but in providing attractive meals and dainty special dishes. Clarice's stuffed tomatoes won deserved fame, and Margaret made a reputation on cheese soufflé. Peggy, too, was a wizard with the chafing dish.

Consideration was given the matter of special guests, either for meals, or for over-night. The couch in the living room provided emergency sleeping quarters. As for meals, separate fixed rates were set for breakfasts and for dinners. This was paid into the regular weekly provision fund by the girl who brought the guest, or by all four equally, if she were a "general" guest. The girl who brought a guest also "pitched in" and helped with the work.

Whenever the group went out for a meal, as they did now and then for a change, or for amusement, or recreation, each girl paid her own share at once.

Finally, there was the factor of laundry. After a little experimenting, household linen was worked out on an "average" basis, so that a regular amount could be assessed each week. Of course each girl met the expense of her own private laundry.

As a result of this planning, each member of the household found herself obligated to meet a weekly assessment containing the following items: Rent, furniture tax, household laundry, extras (\$1.00) and personal laundry. Of these, the only item not positively fixed, as to amount, was the last. Each girl, naturally, paid all her strictly private expense, including clothes, and medical and dental service.

One of the number was chosen treasurer for a three-months' term, and was then, in turn, succeeded by another, so that each of the four served once a year. The treasurer received all assessments, gave the weekly allotment to the housewife, and paid other bills. Minor defi-

ciencies were met from "surplus." Moreover, she kept accurate accounts:

Once settled comfortably in their quarters, with boarding-house memories receding into the background, it took but little time for a happy, home-y atmosphere to develop. Of course, with closer

intimacy, there were temperamental adjustments, as always, but they came easily. The household machinery ran smoothly, almost from the first, because there *was* a machine, properly set up, operated and adjusted — rather than an uncertain makeshift.

To Express Personality

By Dana Girrioer

"KEEP house?" I should say not!" answered Anne, who had journeyed out into the suburbs to "tell" her engagement to Burt Winchester to the home folks before she "announced" it. "I'm going to retire to the Kensington, or some nice apartment hotel, at the ripe old age of twenty-four. What'd you think, we're back in the dark ages, B. F.?"

"B. F.?" repeated Aunt Milly.

"Before Ford," said Anne, laughing. "Oh, it was the thing for you, Auntie, you couldn't have brought up your own big family in a city apartment, to say nothing of stretching your wings to cover Little Orphant Annie, besides, everybody kept house when you were married!"

"And now nobody does, except a few Ancient Mariners?" inquired Cousin Dan.

Anne blushed. "Of course it suits some people, now," she amended, hastily. "Perhaps it's all right to keep house, if you have a big family, or lots of money and can hire all the fussing done."

"You don't need to hire fussing, if you've a big family," said Aunt Milly, her eyes twinkling behind the gold-bowed spectacles. "You'll keep on with the drawing — illustrating?"

"Surely," answered Anne. "Burt will keep right on being a lawyer."

"I see," said George. "Well, Queen Anne, I suppose when we want to visit you we can hire a room in the same block, I mean, hotel. I thought, perhaps, having so far conformed to the habits of us

Philistines as to take a husband, you might go the whole figure and take a house!"

"Please!" begged Anne. In that tone, it was a catchword dating back to nursery days which the elf-like Anne had shared with a whole brood of sturdy cousins, and meant, "Please stop fooling; I want to be taken seriously."

"I love to draw — but my people don't look alive, somehow," said little Milly, wistfully.

Cried Anne: "Keep trying, Milly; there is nothing so lovely as to have even a taste for some sort of creative work, and to develop it; to express your own personality in something tangible, and to be encouraged to do so. Do understand me, Auntie and the rest; it isn't that I want to shirk, but I do want to specialize on what I do best! I'll wash dishes if it's ever necessary, but why must I wish a whole pantry on myself when either Burt or I could pay our proportionate share of a hotel dish-washer, or butler, or whatever is needed?"

At the studio it was much easier.

"Some time in the early fall," Anne told her callers, who arrived by two's, three's and four's, as the news began to circulate among her friends.

"No, I won't keep this," with a jerk of her thumb towards the big, bare room which had been hers since she left Aunt Milly and the little home town. "There's a room at the top of the Kensington I can have, with a light as good as this, and

that settles the last problem. I'd hate to have to go outdoors for meals, when I'm working."

"Nan Gilbert!" exclaimed her dearest friend. "You have the best luck! You can do good work, and get good pay for it, and be happy all by yourself; and now you're going to be happier, with a husband who'll let you live your own life; you'll be absolutely free, not even a percolator to bother with, nothing to take your mind from your own creative work, free to express your own personality!"

"Mercy," said Anne, closing the door upon this last caller. "If I don't set the North River, at least, on fire, pretty soon, they'll all call me a slacker."

She hung her card, "Engaged," upon the door leading into the hall (some one had scrawled "Best Wishes" underneath the printed word), and proceeded to get her dinner in a thoughtful frame of mind. The tiny kitchenette boasted ice-box, fireless, and a modest collection of electric cooking appliances; in a half-hour Anne had evolved a cream soup, a bit of steak, nearly cubical in proportions, slice of graham bread, a salad of lettuce and tomato with skilfully tossed dressing, a muffin split ready to toast, with the jam and spreader for it, and coffee was dripping into the very latest model of coffee-pots. Anne had never neglected her country appetite, and was a living refutation of the idea that neatness and art may not dwell together. She moved quietly and with a speed which had nothing of haste; her mind was busy with a magazine cover for December, she believed she'd begin studying camels.

After dinner came Burt Winchester, a steady-voiced, olive-skinned young man, in pleasant contrast to Anne's vivacious fairness, and together they journeyed uptown and then west to the Kensington, for a final decision upon the one vacant apartment. The rooms were of fair size, they were all light, and the agent had at least half a yard of applicants upon a printed slip in his pocket.

Burt studied the apartment not at all,

but his fiancée with quiet amusement. He was much in love with Anne, but he understood her better than she had yet discovered.

"I don't think we'll ever find anything better," she was saying to him. "Perhaps he'd have it redecorated for us, with a long lease —"

The agent coughed discreetly. "The leases are for one year, with privilege of renewal," he said to Burt. "It has just been redecorated; is there anything needed?"

"It would all be lovely, if one liked blue," murmured Anne. "Just the thing for some girl, but not for me, all that pale blue and silver, it doesn't look a bit like either of us, Burt. I had worked out the most stunning scheme, cream and black, with a touch of Kelly green —"

Another cough, somewhat louder, and accompanied by an undisguised look of sympathy for Burt. "The owner prefers to decide the decorations, Madame," said the agent. "Tastes differ so, you understand."

"Please hold the suite for me until tomorrow night," said Burt, decisively. "I suppose we'll take it; if not, I'll make it right with you."

"I should say, 'tastes differ,' " laughed Anne, tucking her arm into Burt's, as they began the long walk down-town. "Do you know, Aunt Milly and the girls thought, of course, we'd keep house, and Dan and George are going to pick out girls that will keep house, I saw it in their eyes. You — you're going to be satisfied, Burt?"

"I think so," answered Burt, judiciously, and then with a change of tone, "Nan, you precious goose, you've always told me you were not domestic."

"And you've always said you were no more domestic than I was," finished Anne, happily. She entirely missed the quizzical expression of the brown eyes above her. "Nuff said. — Are we going to Branton tomorrow, Burt, with the crowd? Can you take the day?"

Anne's "crowd," the half-dozen good

friends among the many acquaintances she had formed in the city, were invited for a day in the country. She and Burt now talked it over, agreeing to meet in time to take the nine-thirty train, with the others.

But at nine, next morning, Burt had not appeared at the studio; instead, Miss Gilbert had a telephone message that Mr. Winchester was delayed, but would call as soon as possible. It was unlike Burt, but Anne, sensibly, supposed that business had intervened, and, removing her hat, was glad to remember that she had not definitely accepted the invitation when it was given. The "crowd" were sure enough of each other and of themselves to appear casual: Burt and she could take a later train, and have just as warm a welcome.

At nine-thirty Burt appeared, explaining briefly, "Best I could do. There's a train in twenty minutes, we'll catch it if we hurry."

Anne hurried, which proved to be unnecessary, as the train seemed late in starting; during the trip there was little conversation, as Anne was tactful, and Burt preoccupied.

"Branton!" called the conductor, at least it sounded like Branton, Burt came out of his reverie with a start, and Anne followed him down the aisle. They stood a moment upon the platform of the quiet little station and watched the train pull out; as they turned back into what seemed the principal street, Anne craned her neck to look around an inconvenient truck piled with baggage, and made out the sign, Byrnton.

"Oh, Burt, what were we thinking of?" she exclaimed. "This isn't the right place at all! We were to take the road up past a brick church — and there isn't any here — this is Byrnton, and we wanted Branton. What shall we do — why don't you say something?"

"Fudge!" said Burt, soberly, but in his eyes the dancing light he reserved for Anne. "I'll ask the ticket-agent."

He came out of the station, smiling.

"This isn't the Branton line at all, but a short branch west of it," he informed her. "We took the wrong train, but he says lots of people make the same mistake, and they are going to change one name or the other, eventually. I am to blame, Nan, for I know this place, Byrnton; I have, or used to have, an Aunt Susan here, somewhere — shall we look her up? We have nearly three hours to kill. It will be afternoon before we can get to Branton — and Aunt Susan will give us nourishment, at least, if she's home."

"Very well," Anne assented. If Burt's business absorbed him like this, she must learn to take it philosophically.

"What a pretty place, Burt! Do see those wonderful elms!"

Byrnton proved to be an old-fashioned village, which had had the good fortune to be remodelled without being modernized. Along the main street many of the houses were square, prim little boxes, with front yards bright with sweet williams, marigolds, and candytuft; these had an iron fence around the garden, and, invariably, shutters at the front door. An occasional house stood flush with the brick or flagged sidewalk; in that case there were snowy curtains at the window, and a glimpse of hollyhocks at the back. The newer houses could be distinguished by the wide, open spaces around them; the late comers had not planned their homes to command the village street, and neighbors, as an older generation had done, but these twentieth century models did not begin until one had left the little railway station well behind.

"What a homely, homey place," said Anne, noting everything with the eye of an artist. "I don't see how you could forget it, if you have an aunt living here."

"That's the question," answered Burt. "Have I an aunt living here? She may be in California; however, in that case, the key will be under the mat."

Anne continued to look about her, with sparkling eyes. "If Aunt Milly had lived in a place like this, I'd be there yet," she told him. "The factories

spoiled the place for me, but they made business good for Uncle Andy and the boys, and Aunt Milly likes the bustle, she'd think this was too quiet. — Isn't it queer how people manage to get what they want — in time?"

"It is, indeed," smiled Burt. "There, Nan, that low white cottage at the very end, the last before you come to open fields. That's Aunt Susan's."

They quickened their pace; Anne was conscious of an intense wish that Aunt Susan might be home. She wanted to see the inside of the white house, bungalow, it might almost be called, if one did not associate bungalows with stucco or stained shingles. This cottage was of white wood, with the regulation green blinds. There was an outside chimney of red bricks; a pathway of red bricks in the old herringbone pattern led up to the front door, with its shining brass knocker. A row of white foxgloves stood sentinel before the front of the house, on each side the entrance, their pointed spires coming well above the window-sills; before them the dark foliage of perennial lupins, tossing up a white spray of flowers, and then it seemed as if every old-fashioned flower of white, or with a white variety, ran riot down to a border of sweet alyssum. Above all the fragrance came the unmis-takable sweetness of mignonette.

"Oh, Burt!" called Anne, "I do hope she's home. What a woman she must be, I can guess some things about her, just from the outside of her house. I hope she'll show me the inside of it."

Burt shook his head. "She'd have seen us before this and been out here," he suggested. "Come 'round to the back."

The back of the premises proved no less fascinating; there was the neatest of clothes-yards, a vegetable garden, and a small garage, after which Anne regarded the silent cottage with wistful eyes.

"Those beautiful, old-fashioned flowers, no petunias but the white frilled kind, — she's an artist — and has the wash done at home," she enumerated, "and

runs her automobile herself, I am sure, for she's a practical person as well; if she were just a sentimental flower-lover, she'd have had something or other climbing up the house, and it spoils the woodwork."

"It's safe to say Aunt Susan's in California," said Burt, disregarding this. "No joke, Nan, she has a married daughter who has been trying to get her out there for years, and Aunt Susan's always threatening to go. Never thought she would, but we can soon find out; I know who'll have the key."

He left Anne and walked back to the house just passed, and presently reappeared with the key. "Here you are. Aunt Susan left it with Mrs. Brown, who is to look after the place, and to use her judgment about letting people in. Aunt Susan has only been gone two days, she went hurriedly at the last, and Mrs. Brown is to close the house for her, but she hasn't got 'round to it yet. Lucky for us, there'll be everything we need for lunch; I brought eggs — see?"

Laughing like a boy, Burt unlocked the back door, and then produced four eggs, from as many pockets. He laid them carefully down upon the kitchen table.

"Now, Nan, we can use anything in the kitchen or pantry, and Mrs. Brown has a blueberry pie in the oven which she'll give us, she'll bring it over when it's done. — Want to go over the house? — Give you my word it's all right, in fact Aunt Susan told Mrs. Brown she wished she could rent it, as is, if she only knew somebody who would love it — that was her word. You can love it until the afternoon train, can't you?"

If Anne heard, she made no reply, she was exploring.

Downstairs, a wide hall occupied a central third of the house; it was well lighted by the windows each side the front door, and by double doors of glass, which opened on to the back porch. On one side the hall were kitchen and pantry, nearly equal in size, and glistening with white paint, aluminum, and blue and white porcelain. With a hasty glance

over these treasures, to which she was coming back, Anne stepped out into the hall again, and around to the front of the winding staircase, and entered what she knew at once for the "owner's bedroom." There were windows on two sides, as this was a front room, and each broad sill bore its own pot of ferns. The furniture here was all old-fashioned, of some dark wood that had been rubbed to a satin finish, the floor was of plain surface, with braided mats, and a blue and white counterpane provided the only bit of drapery in the room. Anne's bright head nodded with satisfaction. Here was character; to win Aunt Susan's respect would be no light task, her personal and intimate belongings showed an austere sense of values and an almost surgical cleanliness. Yet Aunt Susan could not be a martinet; her hall, furnished for other people, showed due regard for their comfort; the living room, which took the entire western side of the cottage, bore unmistakable signs of much occupancy, with wide and varied interests. A set of dark shelves, at the lower end, held china, and suggested that one might also eat at the refectory table, which was furnished as a desk and held a few books, many writing materials, and a foreign-looking lamp. There was also a piano, well littered with music, a sewing bag thrown down upon a cretonned window seat, and the generous fireplace was flanked by two huge baskets, one heaped with magazines, the other a perfectly round mound of yellow fur, which suddenly took form and life as a yellow tabby cat fastened hopeful topaz eyes upon them, blinked away a brief disappointment, and then yawned with ennui.

"His missie left him all alone," said Anne, bending to stroke the smooth head. "What's upstairs, Burt?"

"Go and look, I'll take your place with the Admiral until you come back," offered Burt, and at sound of his name the yellow cat jumped out and began rubbing against a convenient table leg. Anne found them in the same relative

positions when she returned from her inspection of the upper floor.

"Your Aunt Susan must use it for sewing," she told Burt, dreamily. "With that big skylight — it could be a studio, couldn't it?"

"It is," Burt informed her. "Aunt Susan is an artist — with her needle. She gives, or gave, dressmaking lessons, in her idle moments. She gave up dressmaking, when she bought this house and settled here, but now she teaches the daughters of her old customers, they come out in automobiles every Wednesday, in winter. Saturday afternoons she has some of the young girls in the village, here, — without price — and without taste, too, some of them! And Nan, I hate to mention it, but — Aunt Susan is a pretty good cook, too!"

"Feed the brute!" quoted Nan, with a gay laugh. "Will the Admiral drink condensed milk?"

Mrs. Brown came over with her blueberry pie as Burt was summoned to luncheon. She surveyed the table, which Nan had laid in the kitchen, and then the Admiral, who was making his toilette in a thorough manner that suggested several courses, with outspoken approval.

"My, I wish Susan Winchester could pop in this minute. You found the prepared flour, and all — baked 'em on the griddle! Wa'n't that cute! I never did see an omelet like that except from Susan Winchester's own hands, and she learned from a Frenchwoman she used to sew with. Some folks can pick up every useful trick they see."

Turning to Burt, she continued:

"With all the new fangle-dangles of these days, women voting and all, you're a lucky boy to have found an old-fashioned girl!"

"I know it," said Burt, brazenly, but he did not meet Anne's astonished eyes. "My girl has learned the best of the new accomplishments, without losing what was worth keeping of the old."

Anne's judgment told her it was a good

(Continued on Page 302)

AMERICAN COOKERY

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LOVE'S DAY

When the morning on the hill crest snuffs the
candles of the night,
And the wide world blooms in beauty with the
coming of the light,
With the morn awakens, ever sweet and ever new,
The happiness of knowing I share the dawn with
you.

When the morning shadows shorten on the sunny
slopes of noon,
And the roads of earth are humming with toil's
deep, insistent tune,
Fragrant as a sea wind, blowing from an island
blue,
Through moiling hours of toiling comes my
memory of you.

When the shadows of the twilight like long
lashes dim and gray
Close in slumber softly o'er the weary eyes of day,
Calling through the twilight like harbor lights
from sea,
Your love becomes a beacon that shines with
cheer for me!

Arthur Wallace Peach.

LIMITATION OF ARMAMENTS

"ON Armistice Day, November 11, at the hour when the twenty-four men representing the six participating nations first face each other across the council

table, a nation-wide demonstration will be under way in the United States. Organized labor announces that in every town and city the workers will join with other citizens in mass-meetings and parades and that the keynote of Armistice Day should be, 'It is time to disarm.' It will help in impressing upon our own government and upon other governments that the people are weary of war-made tax burdens; that they are deeply in earnest in their demands that these burdens be removed. It will strengthen the purpose of the four men who are to represent America to know that they have the support of the workers and the voters. The action of organized labor will help in liberating and directing these 'moral forces'; but Labor cannot do it alone. There are others of these 'forces' that cannot be tapped or directed by Labor, and these must come into action. The time is drawing nigh for their mobilization."

Philadelphia Public Ledger.

"Without the crowding, persistent, fighting force of the masses the crusade cannot be won. This is the people's salvation and it is, therefore, the people's fight. It is now up to the people of this country to make their wishes known and their opinions felt. It should be constantly in mind that, without the mobilized moral force of those upon whom these crushing burdens are now falling, there is little hope that the load will ever be lifted. If it is not lifted, no one can prophesy what lies beyond. There can be no relief from taxes, no relief from expenditures and no relief from war, except through disarmament."

W. E. BORAH.

"One more war, fully prepared for, prepared for with all the diabolical perversions of science, will reduce Europe and America to what Russia is today."

Churchman.

Certainly we believe in the closest limitation of armament. In this matter

we would go to the extreme limit. We are tired of militarism and tired of war and the rumors of war. While we need and desire a merchant marine, we have no use for fighting ships or submarines. Years ago we began to dream that America would never engage in another war, but we have witnessed the most horrid conflict that ever devastated the earth. How can any one ever want war again? The nation that makes an aggressive attack on another should be regarded as an outlaw and treated as such by the rest of the world. Dissensions are sure to arise, but these can be settled by conference and agreement or by arbitration.

Prosperity is dependent on peace. No other world-wide saving can equal that which can be gained through limitation of armament. The wealth of the world consists of just what the world produces. The one master word of the day is Production. People are not producing enough to satisfy all their wants; there is not stuff enough to go round. As a nation we need less of politics and more of production. Our main contention should be a moral appeal for unity in the industrial world. "The field for constructive, imaginative, and creative minds is the field of commerce."

A PIONEER IN HOME ECONOMICS

FROM a recent report by Mr. Eugene Davenport, vice-president of the University of Illinois, we draw the following:

Miss Isabel Bevier retired this year from her work in Home Economics at the University of Illinois. She entered the service of the University in 1900. During the twenty-one years of its existence, Professor Bevier has given herself unsparingly to the development and conduct, day by day, of the department of Home Economics. The field was almost entirely new, as a university subject. The courses have been outlined and conducted with a double purpose in mind. First, the presenting of home economics as a part of a liberal education; and sec-

ond, the development of courses leading to a profession in teaching, dietetics, and cafeteria management.

The first graduating class in 1903 numbered three. The number rapidly increased, reaching ninety-four in 1918. The total number of students coming under the instruction of the staff of teachers for the last twenty-one years is approximately 5,000.

If efforts are to be judged by their results, whether in respect to *alumnæ* or the present registration of undergraduate students, it is not too much to say that the purposes of this department have been in the main accomplished, by which is meant that the department has trained hundreds of competent executives and teachers without such exclusive attention to the professional as to break the contact with that great mass of university women who are to become, not teachers or professionals of any kind, but the heads of American homes. To achieve this double purpose has been the great ambition of the department, in which it has eminently succeeded.

It is not too much to say that at present, no department of the university enjoys more of the confidence and respect of the institution than does the department of Home Economics.

At the Recognition Service in honor of Professor Bevier, in May, 1921, the *alumnæ* presented the University with an excellent portrait of Miss Bevier.

"FEEDING-THE-FAMILY" CLUB

WOMEN are waking up to the fact that upon their shoulders rests the responsibility of having a healthier nation. Too many people are dying of avoidable diseases. Rich foods have taken more toll of life than war and pestilence, dieticians tell us. More and more stress is being placed upon diet—not for the sick only, but for those in good health, that they may preserve it. By diet we mean the proper combinations of foods and the scientific uses of vitamins, starches, proteins and acids.

What we need is more than a reading acquaintance with those subjects.

A certain group of women in Long Beach, Calif., have decided that the acquisition of knowledge concerning food properties is the only way to better living for their families. They have grouped together under the name of the "Feeding-the-Family" Club, and, under the leadership of the head of the department of domestic science of the public schools, they meet on Wednesday evening each week for two hours to learn how to prepare healthful, nourishing meals for the average family. There are sixteen women in the group, representing fifty-six persons, most of whom are children in school. Think what it means to those children to have mothers who are vitally interested in seeing them grow up to be strong, virile men and women. "Knowledge makes Power," aye, the knowledge of the mothers of today makes for the powerful citizens of tomorrow. R. C. C.

DO YOUR OWN WORK AND SAVE MONEY

IF you are one of the people who are "sick unto death" of these thrift articles and are utterly weary of reading how to clean your porcelain gas-stove and keep your electric washer in repair.

The magazines are so full of helpful hints to the \$5,000 and upwards class, that it seems as though a mere person like myself might inquire, "How about poor us? Won't somebody write something for us? How can we, who make up most of the world, live within our incomes?"

As nobody has responded as yet, I am going to tell how we manage and, possibly, some one else may be helped thereby.

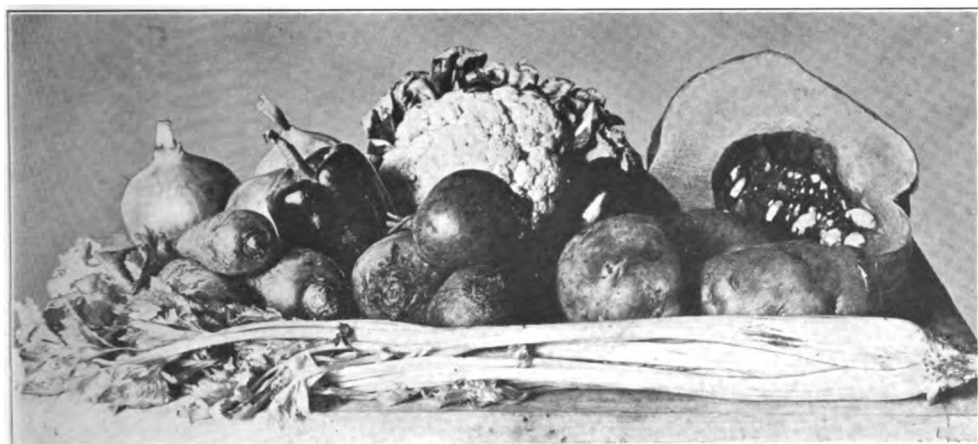
Six years ago, when my husband and I awoke from our honeymoon trance, we found ourselves in California, strangers in a lone land, penniless and jobless. My husband was blessed with neither college education nor profession, but we were both young and undaunted — therefore we pulled through. We rented an apartment, furnished, at \$15 per

month and buckled in. I might say that the rent didn't have to be paid in advance or we wouldn't have moved in. My soul mate — otherwise husband — worked as a truckman, a taxi driver, a cement lamp-post worker, a chauffeur, a night watchman, a salesman, a cook and a dish-washer. In five years we moved twenty different times, an average of once every three months (not because we wished to skip our rent, but because my husband found jobs in so many different parts of the city).

The end of the sixth year has found us located, at last. We get \$150 per month and live on that alone. We are buying our own home, a flivver stands in the garage, our house is nicely furnished (a good deal of the furniture we have made ourselves) and we dress and live respectably. I do all my own cooking, washing, ironing, sewing, cleaning, baking and gardening, with a little writing thrown in as a spare-time occupation. No electric machine, \$300 gas stove, \$700 bedroom set, nor blue-geese stenciled kitchen yet graces our home. No little tea-wagon runs our food to the table. We don't lay by 35 cents in one envelope, \$1.25 for electricity in another, nor 63 cents per week for meat in another. We merely save a small portion each month. First, toward our home and the rest we spend or save as we see fit. Our twenty chickens help out a little in meat and eggs, but one whole year passed by before we bought linoleum for kitchen or bath-room. At present we are working on a \$7 second-hand writing desk with varnish remover and putty knife and in the end we shall have a very modern, pretty, little, fumed-oak desk for one-seventh the cost of a new one.

So, Ladies, get in and do your own work. Forget the servant problem and the money question. Make things yourselves and see how much fun there is in life. Don't be afraid to soil your hands — cold cream will fix them. Get as much fun out of each day as possible.

H. W. P.



SOME HOMELY THANKSGIVING VEGETABLES

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Potage Parmentier

COOK the well-washed, white stalks of two or three leeks, sliced lengthwise, in two tablespoonfuls of fat in a saucepan, and allow to remain over the fire for five or six minutes, or until slightly colored. Add four large potatoes, pared and sliced, one quart of cold water, and two teaspoonfuls of salt, cover, and cook for twenty minutes after the water boils. Strain out the potatoes and leeks and press through a colander. Thicken the water by adding one-fourth a cup of flour, blended with two tablespoonfuls of butter or a substitute; stir until it has boiled for one minute; add one-half a teaspoonful of white pepper, stir into it the potato purée, and let the whole come to a boil. Pour into the tureen, and add one-half a cup of rich cream, a cup of well-browned croûtons, and a few chervil leaves, or the green leaves of cress or any preferred herb. The addition of the half-cup of

rich cream is essential to the soup "parmentier."

Potato-and-Peanut Sausages

Mix one cup of roasted and fine-ground peanuts with one cup and one-half of highly seasoned mashed potatoes. Add one beaten egg, and form the mixture into small sausage-shaped rolls, rolling each one in flour. Roll on a hot pan, greased with bacon fat, or bake in a very hot oven, until the outside of the sausages is lightly browned. Pile in the center of a dish, and garnish with curls of toasted bacon, placed on a border of shredded lettuce.

Roast Turkey

Clean, stuff and truss a twelve-pound turkey, that, when cooked, may rest on the wings level on the platter, the drumsticks close to the body. Rub all over with salt and dredge with flour. Cover the breast with thin slices of salt pork.

Set on a rack in a baking-pan (a "double roaster" gives best results). Turn often, at first, to sear over and brown evenly. For the first half hour the oven should be hot, then lower the heat and finish the cooking in an oven in which the fat in the pan will not burn. Cook until the joints are easily separated. It will require three hours and a half. Add no water or broth to the pan during cooking. For basting use the fat that comes from the turkey during cooking.

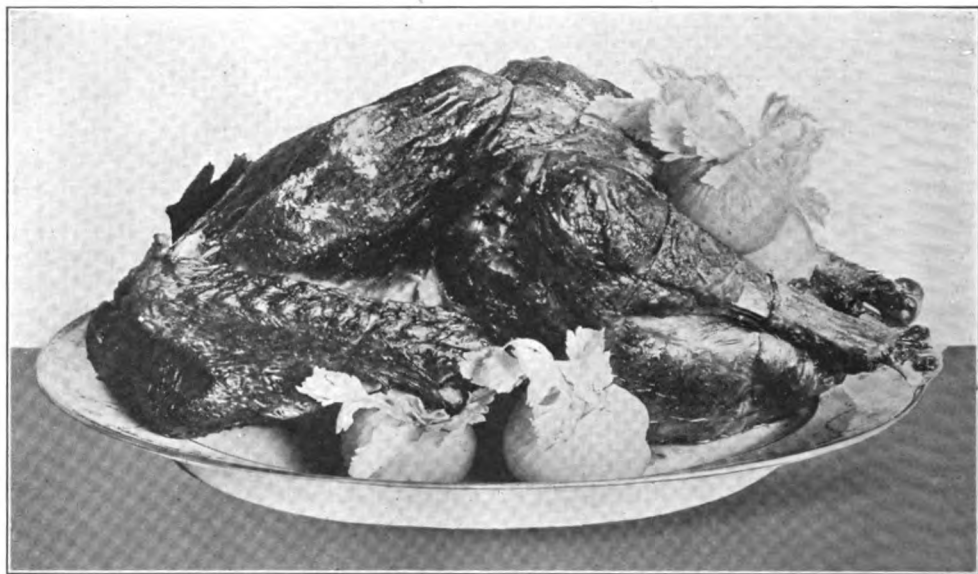
Turkey Stuffing

Add one teaspoonful of salt, one-fourth a teaspoonful of pepper and one

crumbs and melted butter and mix thoroughly. Season the inside of the cups with salt, then stuff with the prepared mixture. Bake slowly about half an hour, basting with melted butter. Serve decorated with celery tips.

Oyster-and-Onion Purée

Steam one pound of white onions, and when tender sift through a colander. Cook one quart of oysters in their liquor until the gills separate; strain, and chop the oysters in a chopping bowl. Return the liquor to the saucepan, and cook with three tablespoonfuls of flour and three tablespoonfuls of softened butter, rubbed



ROAST TURKEY

tablespoonful and one-half of poultry seasoning to three cups of cracker crumbs; mix thoroughly and add three-fourths a cup of melted butter.

Garnish the Roast Turkey with Stuffed Onions

Parboil eight choice onions about one hour. Remove from the water and cut out a circular piece from the top of each to form cups. Chop, fine, the pieces of onion; add an equal measure of cold, cooked ham, salt and pepper to season, one-fourth a cup, each, of fine, soft

together, stirring constantly until well thickened and smooth. Season with one teaspoonful and one-half of salt and one-half a teaspoonful of pepper. Sift into the onion-pulp one-fourth a cup of flour, and stir until blended; add one-fourth a teaspoonful of celery seed and one bay-leaf, and mix with the thickened oyster liquor. Stir until the whole comes to a boil and the purée is thick as porridge. Add the chopped oysters and one pint of thin cream, let heat through, and serve with oysterettes, saltines or other plain crackers.

Salmon à la Creole

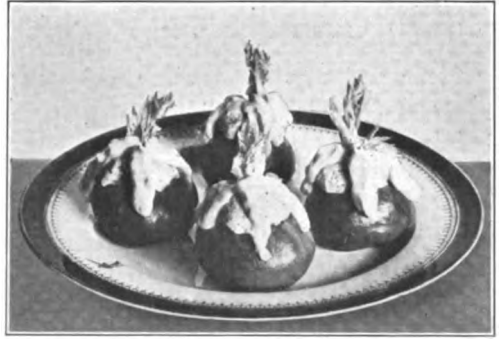
Clean and scale a small salmon, stuff with one-half a loaf of stale bread moistened with hot water, seasoned with one-fourth a cup of butter, salt and pepper to taste, and one-half a cup of capers. Mix all well, and bind with one beaten egg. Place the salmon on the rack of a baking-pan in a very hot oven, cover with thin slices of bacon, and let cook until done. Serve on a bed of chopped fresh mushrooms, cooked in a little bouillon, and garnish the dish with small fresh tomatoes.

Brother Jonathan

Make a mush of yellow cornmeal, and mould in cylindrical moulds, such as baking powder boxes or brown bread moulds. Let stand until next day, and cut into slices. Arrange the slices on a large porcelain pie-plate in pyramidal form, sprinkling each layer with some sharp, hard cheese, grated, and seasoned with a very little red pepper. Sift buttered crumbs freely over the whole; brown in a hot oven, and serve as a vegetable with fish, with sour grape jelly melted and poured over it.

Plymouth Succotash

Boil, separately, one chicken and four pounds of corned beef. The next day remove meat and fat from both kettles of liquid, combine liquids, season with



NEW ENGLAND SALAD

salt (if needed) and pepper; when boiling add five quarts of hulled corn; remove to slow fire and let simmer three hours. Have ready three pints of New York pea beans that have been soaked twelve hours, boiled until soft and strained through a sieve; add to soup (for thickening). Boil one yellow turnip (or two white turnips), and six potatoes; when done add to succotash. This recipe makes eight quarts.

New England Salad

Dress flowerets of cold, cooked cauliflower with oil, salt, pepper and vinegar. From cold, cooked beets remove the top and center portions to make beet cups. Arrange the prepared cauliflower to fill cups, pour over boiled salad dressing and arrange a heart of celery in each filled beet-cup.



PLYMOUTH SUCCOTASH

Guinea Chickens

Clean and truss two guinea chickens; place on a bed of sliced, uncooked carrots, potatoes and celery, arranged in the bottom of a casserole — (a large bean-pot serves as well). Sprinkle the chicks with salt and pour over them melted butter; set the cover in place. Bake in a moderate oven one hour and one-quarter, basting every fifteen minutes with melted butter. Add no water to the casserole.

Rib Roast of Beef with Yorkshire Pudding

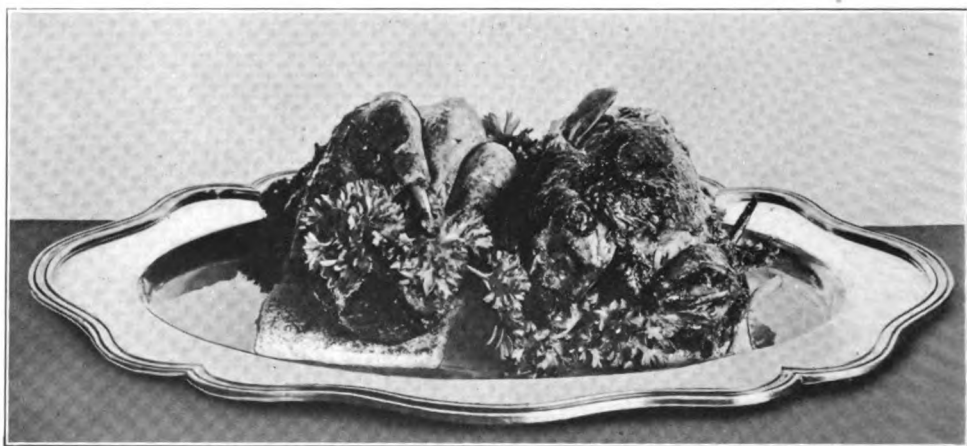
Place a rib roast of beef on a rack in a

of which has been brushed over with roast beef drippings; when well risen in the pan, baste with the hot roast beef drippings. Bake about twenty minutes.

Cut into squares and serve around the roast.

Apple Mint Jelly for Roast Lamb

Cut the apples in quarters, removing imperfections. Barely cover with boiling water, put on a cover and let cook, undisturbed, until soft throughout. Turn into a bag to drain. For a quart of this apple juice set one and one-half pounds of sugar on shallow dishes in the oven to heat. Set the juice over the fire with the leaves from a bunch of mint; let



GUINEA CHICKENS

dripping pan; dredge with flour and sear over the outside in a hot oven, then add salt and pepper and drippings and let cook at a low temperature until done, basting every ten minutes. Remove to a platter and serve with Yorkshire pudding.

Yorkshire Pudding

Sift together one cup and a half of flour, and one-third a teaspoonful of salt; gradually add one cup and one-half of milk, so as to form a smooth batter; then add three eggs, which have been beaten until thick and light; turn into a small, hot dripping pan, the inside

cook twenty minutes, then strain into a clean saucepan. Heat to the boiling point, add the hot sugar and let boil till the syrup, when tested, jellies slightly on a cold dish. Tint with green color-paste very delicately. Have ready three to five custard cups on a cloth in a pan of boiling water. Let the glasses be filled with the water; pour out the water and turn in the jelly. When cooled a little remove to table. (English recipe.)

Marinated Cutlets

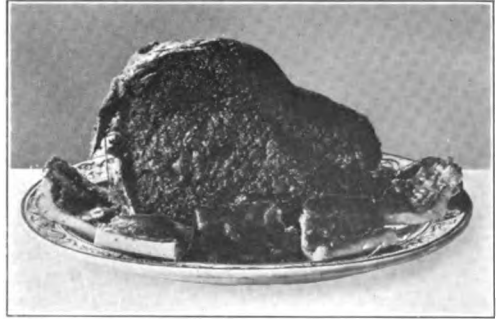
Cut a pound of the best end of neck of mutton into cutlets, allowing two cutlets for each bone, beat them with a cutlet bat

and trim them neatly. Let them soak for an hour in a marinade made by mixing six tablespoonfuls of red wine vinegar, one tablespoonful of olive oil, half a teaspoonful of salt, six bruised peppercorns, a minced onion, a sprig of thyme, and a bayleaf. At the end of the hour drain the cutlets, and dredge them with flour to dry them. Brush over each one with beaten egg, and roll it in bread-crumbs; repeat the egging and breadcrumbing a second time, and, if possible, leave them for an hour for the crumbs to dry on. Half fill a deep pan with frying-fat, and when it is heated, so as to give off a pale blue vapor, place the cutlets carefully in the pan, and when they float on top of the fat and are of a rich brown color, they are sufficiently cooked, and must be taken from the fat and drained on kitchen paper before being served *en couronne*, or on a mound of mashed potatoes, green peas, French beans, or Brussels sprouts.

Veal cutlets, fillets of beef, fillets of white fish, or cutlets of cod or hake, are excellent when prepared by the same method. (English recipe.)

Thanksgiving Corn Cake

Sift together two cups of corn meal, two cups of white flour, four *heaping* teaspoonfuls of baking powder, one LEVEL teaspoonful of soda, one teaspoonful of salt, and one-half a cup of sugar. Add one cup of sour milk (gradually), three-

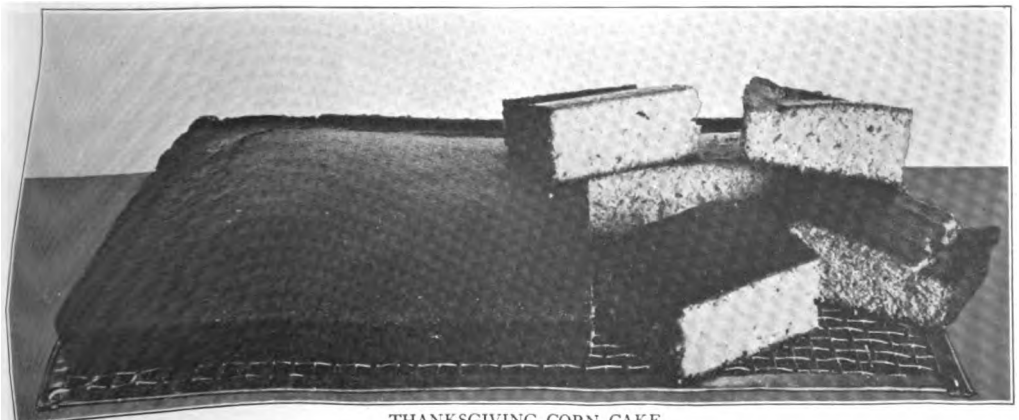


RIB ROAST WITH YORKSHIRE PUDDING

fourths cup of sour cream, four eggs and one-third a cup of melted butter.

Thanksgiving Pudding

Beat the yolks of four eggs; add one pint of soft bread crumbs, one cup of sugar, the grated rind of a lemon, one teaspoonful of salt, and one cup of large table raisins from which the seeds have been removed; mix all together thoroughly, then add one quart of rich milk. Bake in a very moderate oven until firm in the center. When the pudding has cooled somewhat, beat the whites of four eggs dry; beat in half a cup of sugar and spread or pipe the meringue over the pudding; dredge with granulated sugar and let cook in a very moderate oven about fifteen minutes; the oven should be of such heat that the meringue does not color until the last few minutes of cooking.



THANKSGIVING CORN CAKE

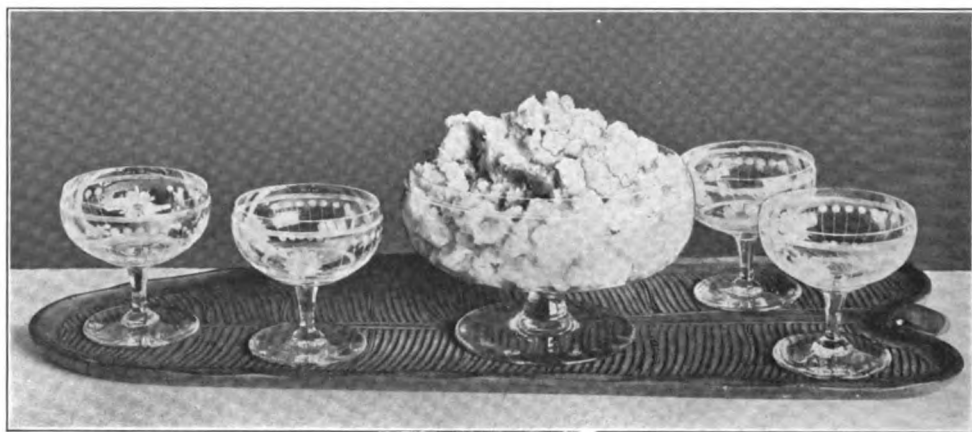
Coffee Fruit Punch

Add one-half a cup of fine-ground coffee to one cup of cold water, bring very slowly to a boil, and let simmer for ten minutes. Strain, allow grounds to settle, decant, and add one cup of sugar. Mix one-half a cup of sifted strawberry preserve with the juice of two lemons, the juice of three oranges and the grated rind of one, and half a cup of pineapple juice. Let the whole stand together for half an hour; then strain, add the coffee, a quart or more of Vichy, or any preferred sparkling water, and serve in tall glasses filled one-third full with shaved ice; garnish each with a thin strip of candied angelica.

move from fire, and stir in two tablespoonfuls of butter and the juice of one-half a lemon. Put into a pastry shell, arrange strips of paste in a basket pattern over the top, and bake until these are browned.

Dry Deviled Parsnips

Wash and scrape — not pare — three large parsnips; cut in halves, lengthwise, and place, cut side uppermost, on the grate of a rather hot oven to bake for thirty to forty minutes, or until soft and lightly browned. Soften one-half a cup of butter, without melting it, and rub into it the following mixture: Two teaspoonfuls of salt, four tablespoonfuls of



SWEET CIDER FRAPPÉ

Sweet Cider Frappé

Make a syrup by boiling one cup of sugar and two cups of water fifteen minutes; add one quart of sweet cider and one-half a cup of lemon juice; when cool freeze — using equal parts of ice and salt. Serve with roast turkey or roast pork.

Fig-and-Cranberry Pie

Chop one-half a pound of figs and cook until tender in a pint of water. Add a pint of cranberries, and cook until they pop. Mix one cup of sugar with four tablespoonfuls of flour and stir into the fig-and-cranberry mixture; let boil, re-

dry mustard, one-half a teaspoonful of cayenne, one teaspoonful of white pepper, and flour enough to stiffen the paste. When the parsnips are cooked make four slanting cuts in each of the halves, and fill each with as much of the paste as it will hold. Spread over the flat side with the remainder of the paste, arrange on the serving dish, sift fine buttered crumbs over them, and place under the gas flame, or on the upper rack of an oven until crumbs are brown.

King's Pudding With Apple-Jelly Sauce

Soak, over-night, one-half a cup of well-washed rice, and cook in one pint of

milk in double boiler until very tender. Mix this with three cups of apple sauce, well-sweetened and flavored with cinnamon. Add the beaten yolks of two eggs, one ounce, each, of candied citron and orange peel, very fine-chopped, and one-half a cup of raisins. Add, the last thing, the whites of the eggs, beaten to the stiffest possible froth. Line a deep dish with a good, plain paste, pour in the pudding, bake until both paste and pudding top are brown, invert on serving dish and pour the sauce over it.

Apple-Jelly Sauce

Beat one-half a cup of apple jelly until it is like a smooth batter; gradually add two tablespoonfuls of melted butter, the juice of one lemon and one-half the grated rind, and a few gratings of nutmeg. Set into a saucepan of boiling water until ready to use, then beat well and pour over the pudding.

Cranberry Tart

Spread a round of paste over an inverted pie plate, prick the paste with a fork eight times. Bake to a delicate brown. Remove the paste from the plate, wash the plate and set the pastry inside. When cold fill with a cold, cooked cranberry filling and cover the filling with a top pastry crust, made by cutting paste to a paper pattern and baking in a pan. Arrange tart just before serving.



CRANBERRY TART

Cooked Cranberry Filling

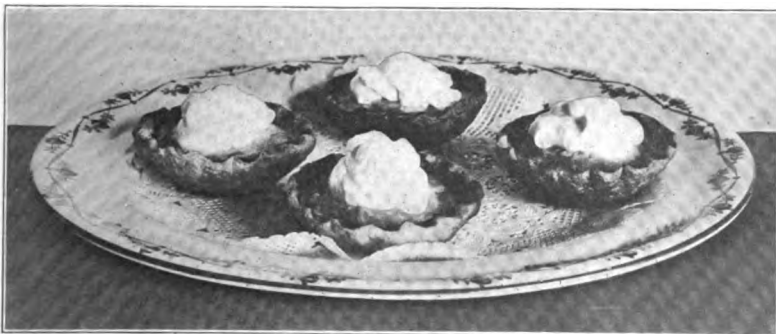
Mix together three level tablespoonfuls of cornstarch, three-fourths a teaspoonful of salt and one cup and one-half of sugar; pour on one cup and one-half of boiling water and stir until boiling, then add one-third a cup of molasses, two teaspoonfuls of butter and three cups of cranberries, chopped fine. Let simmer fifteen minutes.

Pumpkin Fanchonettes

Mix together one cup and a half of dry, sifted pumpkin, half a cup of sugar, two eggs, two tablespoonfuls of molasses, one tablespoonful of ginger, two tablespoonfuls of melted butter, one teaspoonful of cinnamon, one-fourth a teaspoonful of salt, and one cup of rich milk. Pour into small tins lined with pastry, and bake about twenty-five minutes. Serve cold; just before serving decorate with whipped cream.

Pilgrim Cookies

Let soak overnight one cup of seedless



PUMPKIN FANCHONETTES



PILGRIM COOKIES

raisins, then drain and dry on a cloth. Cream one-third a cup of butter; beat in one cup of brown sugar, one tablespoonful of milk, and two eggs, beaten light. Add the raisins, and one cup of flour, sifted with one-half a teaspoonful, each, of nutmeg and cinnamon and two teaspoonfuls and one-half of baking powder. When thoroughly mixed, add one-half a cup of graham flour, unsifted, and one-half a cup of bran, unsifted.

Pyramid Birthday Cake

Bake any good layer cake or other simple cake mixture in one or two thin sheets, in a large pan. When done cut into as many graduated circles as the child is years old. Ice each circle, top and sides, with any good cake icing, either white or tinted, and lay one above the

other with layers of jelly or preserves between slices. Around each layer arrange a decoration of fresh or candied fruits of bright colors, glacéed nuts, candied rose petals or violets, bits of angelica, or any other effective decoration. Let the cake stand on a handsomely decorated dish, and small flags be inserted in the topmost layer.

Stirred Brown Bread

Measure three cups of graham flour into a large mixing-bowl; add one cup of bran, and sift on to these one cup and one-half of white flour, to which one and one-fourth a teaspoonful of salt has been added. Stir together until mixed. Dissolve one teaspoonful of baking soda in a tablespoonful of hot water, and add to two cups of buttermilk. Melt two tablespoonfuls of butter and one of any preferred substitute, mix with one-half a cup of molasses, stir into the buttermilk, and add all to the dry ingredients, stirring vigorously. Lastly, add one-half a compressed yeast cake to the batter, and stir again until the yeast is thoroughly incorporated with the batter, which should be very stiff. Place in a greased bread pan, cover, set in a warm place until batter has risen to top of pan or



FRUIT AND MELONS

doubled in bulk. Bake one hour in an oven with gradually increasing heat. This bread keeps fresh for a long time, and is particularly good sliced thin for sandwiches.

Swedish Pancakes With Aigre-Doux Sauce

Beat, until light, the yolks of six eggs; add one-half a teaspoonful of salt, one teaspoonful of soda, dissolved in one tablespoonful of vinegar, then two cups of sifted flour, alternately, with the beaten whites of the eggs, and if necessary add enough milk to make a thin batter. Pour a small ladleful at a time on the griddle; spread each cake, when cooked, with raspberry jam, roll up like a jelly roll, pile on a hot platter, dust over with powdered sugar, and serve with each one a spoonful of Aigre-Doux Sauce.

Aigre-Doux Sauce

Add to two cups of sour cream the juice and fine-grated rind of one large lemon. Stir in enough sugar just to develop a sweet taste, one-half a cup or more, and beat hard and long with a Dover beater until the sauce is quite light.

Sautéed Cucumbers and Tomatoes

Pare four large cucumbers and cut in quarter-inch slices; season by sprinkling with salt and pepper, then dip in beaten egg, and afterwards in fine, sifted crumbs. Proceed in the same manner with two firm tomatoes, removing the skin by dipping first into boiling water, then into cold, and rubbing the skin off. The tomatoes should be cut in half-inch slices. Heat a large spider until very hot; add two or more tablespoonfuls of dripping or other fat, and sauté in this, first the cucumbers, then the tomatoes, turning the slices when browned on one side, and cooking until crisped. Serve in a hot vegetable dish.

Skirt Steak, with Raisin Sauce

Make a rich stuffing by chopping together three-fourths a pound of veal,

one-half a pound of ham, and an ounce of beef suet or other fat. Add the grated rind of a small lemon, and a teaspoonful of dried, mixed herbs, or of kitchen bouquet, two beaten eggs, a grate of nutmeg, and one cup of cream. Cook all together over hot water until mixture is the consistency of custard; thicken further with fine bread crumbs, and let cool. Divide a two-pound skirt steak into halves, crosswise, spread the stuffing over both parts, roll up each one and tie. Let steam for half an hour; then put into a hot oven to finish cooking and brown. Serve with Raisin Sauce.

Raisin Sauce for Skirt Steak

Add one-half a cup of seeded raisins to one pint of cold water, set over fire, bring slowly to a boil and let simmer, gently, for fifteen minutes. Blend two tablespoonfuls of flour with one-half a teaspoonful of salt and one-fourth a teaspoonful of white pepper, and stir this into two scant tablespoonfuls of melted butter or butter substitute; add to the raisins and water, and let boil, keeping stirred, for three minutes. Remove from fire and add the juice of one-half a lemon or two tablespoonfuls of vinegar.

Boudin Blanc

Cook a dozen small onions, sliced, in a saucepan with one cup of sweet leaf-lard. While cooking put through the meat chopper one-half a pound, each, of fresh pork and the dark and white meat of a fowl or chicken. Add to saucepan containing onions and lard, and stir in enough fine bread crumbs to make the whole the consistency of a soft dough. Add seasoning of salt and pepper with a spoonful of mixed dried herbs. Lastly, add one cup of sweet cream and three well-beaten eggs, and stir the whole until the eggs are set. Stuff this into pig entrails, making links six inches long. Keep stored in a cool place, and cook like sausage. Or the boudin may be packed into jars, and sliced or cut into dice and sautéed when cold.

Seasonable Menus for Week in November

SUNDAY

Breakfast
Oranges
Corn Flakes with Hot Milk
Codfish Balls Buttered Toast
Marmalade
Coffee

Dinner
Roast Leg of Lamb Mashed Potatoes
Spinach with Egg Creamed Turnips
Celery Salad
Date Soufflé
Coffee

Supper
Oyster Stew Crackers
Lettuce-and-Peanut Butter Sandwiches
Soft Gingerbread
Cocoa

MONDAY

Breakfast
Malt Breakfast Food, Top Milk
Scrambled Eggs with Tomato
Graham Muffins
Coffee

Luncheon
Potage Parmentier
Savory Hash, Meat and Potatoes
Tea Tarts
Russian Tea

Dinner
Planked Steak, Parkerhouse Style
Head Lettuce
King's Pudding, with Apple Jelly Sauce
Black Coffee

TUESDAY

Breakfast
Dates
Gluten Grits, Cream
Baked Potatoes Bacon
Graham Toast, Butter
Coffee

Luncheon
Salmon à la Creole
Pulled Bread
Sweet Potato Croquettes
Pears in Syrup
Milk or Tea

Dinner
Stuffed Leg of Pork
Mashed Potatoes Apple Sauce
Fig-and-Cranberry Pie
Coffee

SATURDAY

Breakfast
Gravenstein Apples
Quaker Oats, Milk
Scrambled Eggs with Bacon
Steamed Brown Bread
Coffee

Luncheon
Purée of Baked Beans
Castilian Salad
(Pineapple, Nuts, Apples,
Grapes, Celery)
Swedish Pancakes with
Aigre-Doux Sauce
Chocolate

WEDNESDAY

Breakfast
Winter Pears
Wheatena, Milk
Pork-and-Potato Hash
Raised Pancakes, Syrup
Coffee

Luncheon
Oyster-and-Onion Purée
Crusty Rolls
Apple-and-Nut Salad
Cocoa

Dinner
Skirt Steak with Raisin Sauce
Dry Deviled Parsnips
Baked Sweet Potatoes
Cherry Pie
Coffee

THURSDAY

Breakfast
Cream of Wheat, Cream
Tomato Omelet
Stirred Brown Bread
Coffee

Luncheon
Potato-and-Peanut Sausages
Cabbage-and-Celery Salad, with Cheese
Strawberry Gelatine Jelly
Tea

Dinner
Boiled Tongue Steamed Potatoes
Creamed Carrots Brussels Sprouts
Apple Pie à la Mode
Coffee

FRIDAY

Breakfast
Grapefruit
Cracked Wheat, Milk
Creamed Finnan Haddie
Hashed Brown Potatoes
Popovers
Coffee

Luncheon
Frumenty with Cream
Escaloped Chipped Beef and Potatoes
Chocolate Layer Cake
Café au Lait

Dinner
Halibut Steaks
Brother Jonathan
Creamed Cabbage Chow-Chow
Apricot Puffs with Custard Sauce
Coffee

Dinner
Veal Stew
Browned Sweet Potatoes
Lima Beans in Tomato Sauce
Leaf Lettuce with Fr. Dressing
Brown Betty with Foamy Sauce
Coffee

Menus for Thanksgiving Dinners

I

Three-Course Dinner for Small Family in Servantless House

Roast Chicken, stuffed with Chopped Celery and Oysters
 Baked Sweet Potatoes Boiled Onions

Salad

(Fine chopped apples and nuts in red apple cups)

Cream Dressing

Mince or Squash Pie à la mode
 Sweet Cider Coffee

II

A Simple Company Dinner of Six Courses

Celery Clam Bouillon, Saltines Ripe Olives

Roast, Chestnut-Stuffed Turkey, Giblet Sauce
 Buttered Asparagus Glazed Sweet Potatoes

Moulded Cranberry Jelly

Chicken Salad in Salad Rolls

Thanksgiving Pudding Hard Sauce

Chocolate Ice Cream Strawberry Sauce

Assorted Fruit Coffee

III

A Formal Company Dinner. Eight Courses

Curled Celery Oyster Soup, Bread Sticks Radish Rosettes

Turbans of Flounder Hollandaise Sauce Potato Straws
 Olives Crusty Rolls Salted Nuts

Mashed Potatoes Capon à la Creme
 (Stuffing of Potatoes, Mushrooms, Chestnuts, etc.)
 Green Pea Timbales Cranberry Sauce

Venison Steaks Sweet Cider Frappé
 Currant Jelly Sauce Baked Parsnips

Apple-and-Grape Salad

Macaroon Pudding

Frozen Mince Pie Hot Chocolate Sauce

Glacéed Walnuts Fruit Black Coffee

IV

Elaborate Formal Dinner. Ten Courses

Fruit Cocktail

Oysters on Half-shell

Brown Bread-and-Butter Sandwiches Quartered Lemons

Clear Bouillon, Oysterettes

Radishes Celery

Boiled Halibut Potato Balls in Parsley Sauce

Sweet Pickles

Cauliflower au Gratin

Bread Stuffing Braised Turkey or Capon
 Giblet Gravy Duchesse Potatoes Spinach

Crystallized Ginger Salted Pecans

Pineapple Fritters, Lemon Sauce

Granite of Cider and Apples

Cutlets of Duck, with Chopped Celery

Orange Salad

Pumpkin Pie Raisin and Cranberry Tarts

Chocolate Parfait Almond Cakes

Nuts Raisins Bonbons Candied Orange Peel

Black Coffee



Concerning Breakfasts

By Alice E. Whitaker

A CERTAIN Englishman who breakfasted with the Washington family in 1794 wrote of the occasion: "Mrs. Washington, herself, made tea and coffee for us. On the table were two small plates of sliced tongue and dry toast, bread and butter, but no broiled fish, as is the general custom." However sparing the mistress of Mt. Vernon might have been, it was the usual custom in old times to eat a hearty breakfast of meat or fish and potato, hot biscuits, doughnuts, griddle cakes and sometimes even pie was added. A section of hot mince pie was always considered a fitting ending to the winter morning meal in New England, at least.

When Charles Dickens was in the United States, in 1842, he stopped at the old Tremont house in Boston. In his "American Notes," which followed his visit to this country, he wrote critically of the American breakfast, as follows: "And breakfast would have been no breakfast unless the principal dish were a deformed beefsteak with a great flat bone in the center, swimming in hot butter and sprinkled with the very blackest of pepper."

For a time my household included a colored cook, who, according to local custom, went to her own home every night. Invariably before leaving she came to me with the short and abrupt question, "What's for?" This experience taught me the difficulty of planning breakfasts off hand. More than one beginner in housekeeping wonders whether a light breakfast of little but a roll and

coffee is more healthful than one of several courses. It is an old American idea that luncheon or supper may be light, dinner varied and heavier, but breakfast must be wholesome and nourishing. This is based on the belief that it is natural for man and beast to wake up in the morning with a desire for food and unnatural to try to do the hardest work of the day with but a pretence at eating.

About twenty years ago there was much talk of the alleged healthfulness of going without breakfast entirely. For a time this plan was the object of much discussion and experiment by medical and scientific men and workers in general. The late Edward Everett Hale was a strong opponent to abstinence from breakfast by brain workers, while those who labored with hand and muscle looked with little favor on the morning fast. Finally the no-breakfast idea went the way of most fads in food.

As a compromise between the extremes of going without any breakfast, and the old-time, over-hearty meal of several courses, there came into fashion the simple meal of fruit, cereal and eggs. This is to be commended, if the egg, or its substitute in food value, is not omitted. Too often a sloppy cereal is washed down rapidly with a cup of coffee and called sufficient. Sometimes the ready-to-eat cereal and the milk bottle left at the kitchen door include the entire preparation for the morning meal.

The adaptability of this quick breakfast, and its ease of preparation, keep it in favor, but filling the stomach with a

cereal, from which some of its best elements have been taken, means, for women folks at home, placing the coffee pot on the range to warm up the cup that will stop that "gone" feeling so common after a near-breakfast. The man at work might once have found solace in a glass of beer; now, perhaps, he smokes an extra cigarette. It is well understood that children grow listless and dull before noon, when an insufficient breakfast is eaten. One who has breakfast leisurely at nine o'clock may be satisfied with a roll and a cup of hot drink, but a commuter with a trip ahead to office or shop, and the farmer who must make an early start in the day, cannot rely on light, quickly digested food in the morning. Their energy and working capacity will slow down long before noon.

Objection is sometimes made to a good, sustaining breakfast because of a distaste for food in the morning. In such a case, look to the quality or quantity of the night meal; it may be too heavy or indigestible.

Between a breakfast with warmed-over meats, and one without meat, especially if eggs are substituted, the choice should be given to the latter. Twice-cooked meats, however pleasing they may be to the palate, are not easy to digest. They serve merely as a way to use left-overs, which good management will keep to the minimum.

When selecting fruits for breakfast, the fact must not be overlooked that the starch of cereals and acid fruits, like a sour orange, often disagree. When apples are plentiful nothing is better than this fruit when baked, but in cities the banana frequently costs less and it stands at the head of all fruits in food value. When perfectly ripe it has about 12 per cent of sugar, but as it is picked green, the fruit sold in the markets is often but partially ripe and is more easily assimilated, if baked like the apple; it then becomes a valuable breakfast food.

It is a common mistake in a meatless breakfast to use too large a proportion of

cereal. While the standard cereal foods, when dry, are from two-thirds to three-quarters starch, with the balance made up of a little protein, fat, water, fibre and a trace of mineral matter, it should not be forgotten that while cooking they absorb several times their bulk of water, which reduces the food value of the product. Oatmeal and corn meal are best adapted for winter use because they contain a little more fat than wheat or rice, which are suitable for summer diet.

Eggs are the most available substitute for meat at breakfast and it is doubtful economy to omit them, except in times of extreme high prices. They are not essential in all desserts and saving in their use should begin at that point. Eggs may be cooked in many ways so that they need never become a monotonous fare. All kinds of fish are an excellent substitute for meat, and, as prepared for the table, nearly equal beef and mutton, in the amount of protein, which is the element missed in a non-meat diet, unless it be carefully planned.

Breakfasts without Meat

The following are adapted to different seasons and the beverage may be selected to suit the taste.

1. Strawberries, eggs baked in ramekins, oatmeal muffins.
2. Fruit, cheese omelet, rice griddle cakes.
3. Oranges, codfish balls, wheat muffins.
4. Oatmeal, baked bananas, scrambled eggs, rice muffins.
5. Cereal, hashed browned potatoes, date gems.
6. Oranges, soft boiled eggs, lyonnaise potatoes, dry toast.
7. Cereal with dates, whole wheat muffins, orange marmalade.
8. Stewed prunes, French omelet, creamed potatoes, dry toast.
9. Grapefruit, broiled salt codfish, baked potatoes, corn muffins.
10. Fresh pineapple, broiled fresh mackerel, creamed potatoes, French bread.

11. Sliced bananas, omelet with peas, rusked bread.

Breakfasts with Meat

1. Fresh apple sauce, pork chops, stewed potatoes, graham muffins.

2. Dried peaches, stewed, broiled honeycomb tripe, escaloped potatoes, reheated rolls.

3. Fruits, minced mutton, potato puffs, rice griddle cakes, lemon syrup.

4. Baked apples, baked sausages, hashed potatoes, corn cakes.

5. Baked rhubarb and raisins, ham

omelet, bread-crumb griddle cakes, caramel syrup.

6. Melon or berries, broiled ham, shirred eggs, creamed potatoes.

7. Oranges, broiled beef cakes, French fried potatoes, toast.

8. Steamed rice, sliced tomatoes, bacon and eggs, rye muffins.

9. Berries, broiled chicken with cream sauce, fried potato cakes, muffins.

10. Cereal with syrup, scalded tomatoes with melted butter, baked hash, dry toast.

11. Melon, veal cutlet, cream sauce, baked potatoes, corn bread.

Some Recipes for Preparing Poultry

By Kurt Heppe

FOWLS should be divided into four classes, according to their uses. The uses are controlled by the age of the fowl.

What is suitable for one dish is not suitable for others. In fowls the age of the bird controls the use to which it can be put. This is something the caterer and the housewife must remember.

A young bird can be distinguished from an old one by the pliability of the tip of the breastbone. When this tip bends under pressure, then the bird is young. If it is hard and unyielding, then it is old.

Very old birds are used for soup and for fricassée.

Medium-aged birds are used for roasts.

Spring chickens are used for broilers and for sautéed dishes.

Very young chicks are used for frying in deep fat; for this purpose they are dipped in a thin batter, or else in flour, and in eggs mixed with milk and afterward in breadcrumbs. These chicks, and also spring chickens, are used for casserole dishes and for cocottes (covered earthen ware containers, in which the fowls are roasted in the oven).

The liver of fowls is used in different ways; it makes an excellent dish. It is

best when sautéed with black butter. Some of the fine French ragouts consist mostly of chicken livers.

With omelettes they make an incomparable garnish.

In very high-class establishments the wings and breast are often separated from the carcass of the fowl and served in manifold ways. Sometimes the entire fowl is freed of bones, without destroying the appearance of the bird. These latter dishes are best adapted for casserole service and for cold jellied offerings.

Capons are castrated male fowls. They fatten readily and their flesh remains juicy and tender, owing to the indolence of the birds. The meat of animals is tenderest when the animal is kept inactive. For this reason stall-feeding is often resorted to. When the animal has no opportunity to exercise its muscles the latter degenerate, and nourishment, instead of being converted into energy, is turned into fat. Range birds and animals are naturally tough; this is especially true of the muscles.

Large supply houses now regularly basket their fowls for about two weeks before putting them on the market.

During this time they are fed on grain soaked in milk. This produces a white, juicy flesh.

When a bird is to be roasted it should be trussed. This is done by forcing the legs back against the body (after placing the bird on its back); a string is then tied across the bird's body, holding the legs down. The wings are best set firmly against the breast by sticking a wooden skewer through the joint and into the bony part of the carcass, where the skewer will hold against the bones.

In preparing birds for the oven their breasts should be protected by slices of bacon. Otherwise they will shrivel and dry before the birds are cooked.

For broiling, the birds are cut through in the back, in such a manner that they quasi-hinge in the breast; they are then flattened so they will lie evenly in a double broiling iron; for this purpose the heavy backbone is removed.

Stuffed Poularde

After trussing the bird rub it with lemon so it will keep of good color; now cover the breast with thin slices of bacon (these can be tied on). The poularde is put into a deep, thick saucepan and cooked with butter and aromatics in the oven. When it is nearly done it is moistened with poultry stock. If this stock reduces too fast, then it must be renewed. It is finally added to the sauce.

These fowls may be stuffed with a pilaff of rice. This is prepared as follows: Half an onion is chopped and fried in two ounces of butter. Before it acquires color half a pound of Carolina rice is added. This is stirred over the fire until the rice has partly taken up the butter; then it is moistened with consommé (one quart); and covered and cooked in a moderate oven for fifteen minutes. It is now combined with a little cream, a quarter a pound of dice of goose liver and some dice of truffles.

The rice should not be entirely cooked by the time it is stuffed into the bird; the cooking is completed inside the bird.

The cream is added to provide moisture for the rice to take up.

Instead of cream one may use consommé, and the truffles and fat liver may be left out, if too expensive.

The bird is served with a suitable sauce.

The best sauce for this purpose is Sauce Suprême, and is prepared as follows: Put two pints of clear poultry stock and some mushroom-liquor into a sauté-pan. Reduce two-thirds.

While this is going on prepare some poultry velouté by bringing some butter in a pan to bubble, and adding some flour. This is brought to a boil while stirring constantly. The flour must not be allowed to color. Now, gradually, add some-poultry-stock, stirring all the while with a whisk. Salt, pepper and nutmeg are added. This is simmered on the side of the fire, and then strained.

Now add one pint of this velouté to the supreme sauce; reduce the whole on an open fire, while constantly stirring. Gradually add half a pint of good cream and finish with a little butter.

Sautéed Chicken

Young chickens should be used for this purpose. Feel the breast bone; if it bends beneath pressure the bird is right.

Empty, singe and clean, and disjoint the bird. This is done by cutting the skin at the joints and loosening the bones with a knife.

The wings are cut off in such manner that each holds half of the breast; the pinions are entirely cut off; the different pieces are seasoned with salt and pepper; now heat some clarified butter in a sauté-pan; when it is very hot insert the pieces of chicken and let them color quickly; turn them over, from time to time, so as to get a uniform color; cover the utensil and put it in a fairly hot oven. The legs are cooked for about ten minutes more than the breast and wings. The latter are kept hot separately.

When all pieces are done, they are dished on a platter and kept hot in the

oven; the pan is now moistened with mushroom-liquor, or chicken stock, and again put on the fire; only a very little moistening is put in the pan. As soon as it boils swing it around the pan and then add to it, gradually, the sauce that is to be served. This swinging in the pan dissolves the flavor, which solidifies in the bottom of the pan; it greatly improves the sauce.

A simple sauce for sautéed chicken is nut butter, that is, butter browned in the pan. This may be varied by flavoring it with a crushed garlic-clove. An addition of fine herbs will further improve it. A dark tomato sauce may also be served.

A good garnish for sautéed chicken is large dice of boletus mushrooms, sautéed in garlic butter; also dice of raw potatoes sautéed in clarified butter, and again fresh tomatoes cut up and sautéed in butter. Egg-plants are also excellent for a garnish.

Sautéed chicken may be baked and served in the cocotte.

Poulet en Casserole Bourgeoise

The chicken is trussed; the breast is covered with strips of bacon and put into a deep, thick saucepan. It is colored in the oven, and when nearly done is transferred to a casserole. It is now moistened with some chicken-stock and a little white wine. This moistening is used in the basting, and after being freed of fat, added to the sauce.

A few minutes before the fowl is done bouquets of fresh vegetables are added to the chicken, in individual heaps, and the chicken is then served, either with a sauce, or else with an addition of butter. It should be carved in sight of the guests.

Chicken Pie

A fowl is cooked (boiled) with flavoring vegetables until done, and is then cut up as for fricassée; the pieces are seasoned with salt and pepper and sprinkled with chopped onions, a few mushroom-buttons and some chopped parsley. The pieces are now put into a pie-dish, legs undermost, some thinly-sliced bacon is added and some potatoes Parisienne (spooned with the special potato spoon). The pie-dish is now filled two-thirds with chicken velouté (chicken-stock thickened with flour and egg-yolks), and a pie crust is laid over all, pressed to the edges of the dish and trimmed off. The crust is slit open (so the steam can escape), it should be painted with egg-yolk, and be baked for one and a half hours in a moderate oven.

Suprême de Volaille Jeanette

Of a poached cold fowl the suprêmes (boneless wing and breast in one piece) are loosened and trimmed to oval shape. They are covered with white chaudfroid sauce, by putting the pieces on a wire tray and pouring the sauce over while still liquid. They are decorated with tarragon leaves.

In a square, flat pan a half-inch layer of aspic is laid. On this slices of goose liver are superimposed (after having been trimmed to the shape of the suprêmes): the suprêmes are now put on top of the fat liver, and then covered with half-melted chicken jelly.

When thoroughly cooled and ready to serve, a square piece is cut out of the now solid jelly around the suprêmes. The suprême is thus served incrustated in a square block of thick jelly; the dish is decorated with greens.



The Tiny House

(Concluded from Page 257)

ers and lawns will ever make the average suburban lot anything but a "lot," and most of them might as well, or *better*, be rough, uncultivated fields for all the relation they bear to the houses upon them or the use they were intended for.

It is to be supposed that when a man gives up the comforts of town apartments and hies him to the country, it is the garden, the outdoors, which lures him.

Why is it, then, that he seems to take particular pains to arrange his garden so that it is about as much his own as Central Park is?

It might give the average man a great deal of pleasure to be able to say to all the passersby on the Mall, "This little bit of the Park belongs to me! I cut that grass, I weed those flower beds in the evening when I come home from the office; and every Saturday afternoon I take the hose and thoroughly soak that bit of lawn there, you may see me at it any week in the summer."

But then, we are not dealing with the fictitious average man, and we firmly believe that many "commuters" wonder deep down in their hearts why it is they get from their gardens so little of the pleasure they anticipated when they came to live out of the city.

Any one who has traveled abroad, has admired and perhaps coveted the gardens of England, France, and Italy. Their charm is undeniable, and thought to be too elusive for reproduction on American soil without the aid of landscape gardeners and a fair-sized fortune.

Just why we, as a nation, are beset by the idea of reproducing instead of originating beautiful gardens is a question apart from this discussion. But as soon as we try to develop, to their fullest extent, the advantages of our climate, and soil, in combination with our daily life as a people, we shall produce gardens which will equal, without necessarily resembling, those of other countries.

In every case we must, however, fol-

low the same procedure which every successful garden is built upon, whether it be in Mesopotamia or in Long Island City. That is, we must study the place, the people, and the circumstances.

The most general fault in American gardens is their lack of privacy.

No one claims that the high walls of Italy and France or the impenetrable hedges of England would invariably suit the climate here. But there are many ways to obtain seclusion without in any way depriving us of much-needed air in summer and sun in winter. One way is by placing the house rationally upon its lot. Our custom has been to invariably build so that we had a "front yard," "back yard," and two side yards, all equally important, equally uninteresting, unbeautiful and useless.

Of course, we have the porch which in a way takes the place of the outdoor living room, always so attractive in foreign gardens. And recently some laudable efforts are being made to incorporate the porch into the house, where it belongs, as a real American institution, instead of leaving it disconsolately clinging to the outside and bearing no resemblance to the house either in shape or detail.

But after all, a porch is a porch, and a garden is a garden, and one does not take the place of the other.

Especially is this true of the tiny property.

If you have only ten feet of ground to spare outside your tiny house, plan it so that every foot contributes to your joy at being in the country. Arrange it so that on a warm summer evening when the porch seems a bit close and dark, you wander out into your garden and sit beneath the stars in quiet as profound as on the Desert of Sahara. And in the winter, let your garden provide a warm corner out of the wind, where on a bright Sunday morning you may sit and blink in the sun.

Once you have got the desire for a

room outdoors, a real garden, which is neither flower beds, nor lawns, nor hedges, nor trees, but a place for your comfort, with all these things contributing to its beauty, you will know as by divine inspiration where to put each flower and bush and path. Your planting will be no longer a problem for landscape architects, but a pleasant

occupation for yourself and family.

So then will your successful tiny house stand forth in its real garden, an object of pride to the community and a tribute to one man who has refused to be the impossible average, and has dared to build and plant for his own needs.

May he live forever and ever happy in his tiny house!

Polly's Thanksgiving Party

By Ella Shannon Bowles

THE idea for the party came to Polly one night as she was washing the dinner dishes, and that very evening she waved away the boys' objection that Thanksgiving was a family affair pure and simple.

"I'm not planning to have any one in for dinner," she said, "though there's nothing that would suit me better, if the apartment boasted a larger dining room. But there are three girls in my Sunday School class that can't possibly go home this year, and I've no doubt you boys could find somebody that won't be invited anywhere. Thanksgiving is such a cheerless place in a boarding house! If we ask a few young people in for a party in the evening, it will liven things up a bit for them, and I think it will be pretty good fun for us, don't you?"

In the end Polly had her way, and just a week before Thanksgiving, she sent invitations to three girls and to two boys whom Rupert and Harry suggested.

Polly searched the shops for a card of two-eyed white buttons of the size of ten cent pieces. She carefully sewed a button on the upper part of a correspondence card, added eyebrows, nose and mouth with India ink, copied a body and cap from Palmer Cox's "Brownie Book," painted the drawing brown, and behold,

a saucy brownie grinned at her from the invitation. Underneath the picture, she carefully printed a jingle.

"This Thanksgiving Brownie brings a message
so gay,
To visit our house on Thanksgiving Day,
To help celebrate with all kinds of good cheer
The 'feast of the harvest' at the end of the
year."

The boys took a walk into the country on Thanksgiving morning and came laden with sprays of high-bush cranberries. These, with the bunches of chrysanthemums which they bought, and Polly's fern and palm, gave the small living room a festive appearance.

Assisted by her brothers, Polly served the dinner early. After clearing the dining room table, she placed a pumpkin jack-o-lantern in the center, and arranged around it piles of apples, grapes, and oranges.

After the guests had been introduced to each other, Polly passed each one a paper plate containing a picture, cut and jumbled, into small pieces, and a tiny paper of paste and a toothpick. Each girl and boy was asked to put the "pi" together and paste it on the inside of the plate. When arranged, the pictures were found to be of Thanksgiving flavor. "Priscilla at the Wheel," "The Pilgrims Going to Church," "The First Thanks-

giving," and others of the same type. To the person making his "pi" first a small and delicious mince pie was awarded.

Pencils and paper were then passed. On one slip was written, "What I have to be thankful for," on the other, "Why I am thankful for it." The slips were collected, mixed up, and distributed again. Each guest was asked to read the first slip handed him with the answer. The result caused much laughter.

This was followed by a modification of the famous "donkey game." Polly had painted a huge picture of a bronze turkey, but minus the tail, and this was pinned to the wall. Real turkey feathers with pins carefully thrust through the quills were handed about, and each guest was blindfolded and turned about in turn. To the one who successfully pinned a feather in the tail was given a turkey-shaped box of candy, and the consolation prize was a copy of "Chicken-licken."

A pumpkin-hunt came next. Tiny yellow and green cardboard pumpkins were concealed about the apartment. The yellow pumpkins counted five and the green two points. At the end of the search a small pumpkin scooped out, and filled with small maple sugar hearts, was presented to the guest having the highest score, and a toy book of, "Peter, Peter, Pumpkin Eater" was awarded to the unfortunate holding the lowest score.

Polly had determined to keep the refreshments very simple. The day before Thanksgiving she made an easy salad dressing by beating two eggs, adding

one-half a cup of cider vinegar, two tablespoonfuls of sugar, one teaspoonful of mustard and one-half a teaspoonful of salt, and a tablespoonful of melted butter. She placed the ingredients in a bowl, set in a dish of water on the front of the stove, and when they thickened she removed it from the fire and thinned with cream. To make sandwiches, she mixed the dressing with minced turkey, added half a fine-chopped pepper, and spread the mixture between dainty slices of bread.

The sugared doughnuts she made by beating two eggs, adding one cup of sugar, one cup of sour milk, three tablespoonfuls of melted butter and flour, sifted with one-half a teaspoonful of soda and two teaspoonfuls of baking powder, to make the mixture thick enough to roll without sticking to the moulding board. They were cut with a small cutter, fried in deep, hot fat, and sugared plentifully.

Rupert contributed "Corn Popped in a Kettle." A large spoonful of lard and a teaspoonful of salt were placed in the bottom of a large kettle over a hot fire. A cup of shelled popcorn was added and stirred briskly with a mixing spoon. When the kernels began to pop, the kettle was covered and shaken rapidly, back and forth, until filled with fluffy, white popcorn.

With the fruit and "grape-juice lemonade," the sandwiches, doughnuts and popcorn made a pleasing "spread," Polly felt. She served everything on paper plates and used paper napkins, decorated with Thanksgiving designs.

To Make a Tiny House

Oh, Little House, if thou a home would'st be
Teach me thy lore, be all in all to me.
Show me the way to find the charm
That lies in every humble rite and daily task
within thy walls.
Then not alone for thee, but for the universe
itself,
Shall I have lived and glorified my home.

Ruth Merton.



Home Ideas and Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Vegetable Tarts and Pies

ELIZABETH GOOSE of Boston bestowed a great blessing upon American posterity when she induced her good man, Thomas Fleet, to publish, in 1719, "The Mother Goose Melodies," many of which rhymes dated back to a similar publication printed in London two hundred years before. Is it strange that, with this ancestral nursery training, the cry against the use of pastry goes unheeded, when as children, we, too, have sung to us, over and over, the songs of tarts and pies?

The word tart comes from the Latin word *tortus*, because tarts were originally in twisted shapes, and every country seems to have adopted them into their national menus. That they were toothsome in those early days is shown in these same nursery rhymes, and, that tarts seemed to have been relished by royalty and considered worthy of theft is evinced in the rhymes,

"The Queen of Hearts she made some tarts,"

and,

"Little King Boggen he built a fine hall,
Pie-crust and pastry-crust that was the wall."

Again this ancient lore speaks of "Five and twenty blackbirds baked in a pie," and, too, there was that child wonder, "Little Jack Horner" who, with the same unerring instinct of a water wizard with a willow twig, could, by the sole means of his thumb, locate and extricate, upon the tip of the same, a plum from the Christmas pie.

American tarts and pies are in a class of their own. Pies were very closely

allied to pioneer, and the Colonial housewife of early days was forced to concoct fillings out of sweetened vegetables, such as squash, sweet potatoes, and even some were made of vinegar. Yet the children still doted on these tempting tarts, pies and turnovers, for were they not trotted in babyhood on a

"Cock horse to Banbury Cross,

To see what Tommy can buy:

A penny white loaf, a penny white cake,
And a two-penny apple pie."

The next time you have a few varieties of vegetables left over, or wish a dainty luncheon side dish, try making a tray of vegetable tarts with various fillings, and they will prove as fascinating to choose from as a tray of French pastries.

While I have worked out these modern recipes in tempting ways of serving leftovers, using common vegetables, I will lay all pastry honors to our fore-mothers, who passed on to us the art of pie-making. Proof as to the harmlessness of pies in diet is shown in the fine constitution of our American doughboy, who is certainly a great credit to the heritage of pastry handed down by the Daughters of the American Revolution.

The moral of this discourse is that, "The child is father of the man," and men dote on pies.

Potato Tarts à la Gratin

Line round muffin pans with pastry circles as for other preserve tarts, and fill with the following:

Dice cold-boiled potatoes, season with salt and pepper, moisten with white sauce, made of two tablespoonfuls of flour, two tablespoonfuls of lard, one cup of milk.

one-half a teaspoonful salt. Mix with this grated cheese. Fill the shells and sprinkle grated cheese on top. Bake a light brown.

Baked Onion Dumplings

Parboil medium-sized onions in salted water. Cut half way down in quarters, add salt, butter, and pepper. Place each on a square of biscuit dough or pastry, rolled thin. Bring together opposite corners, twist, and place in a moderate oven to bake the onion tender. Serve with white sauce.

Fresh Tomato Tart Salad

With a round cooky cutter make rounds of pastry. Cut an equal number with the doughnut cutter. Prick, sprinkle lightly with grated cheese and bake a light brown. Place a plain shell on a crisp lettuce leaf, add a slice of tomato, not larger, on top. Then pour on a little mayonnaise and place on top the tart shell with a hole in the center. Serve at once.

Green Tomato Mince Pie

One peck of green tomatoes, put through a food chopper. Boil, drain and add as much water as juice drained out. Scald and drain again. Add water as before, scald and redrain. This time add half as much water, then the following:—

3 pounds brown sugar.	2 tablespoonfuls cloves
2 pounds raisins	2 tablespoonfuls all-
2 tablespoonfuls nut-	spice
meg	2 tablespoonfuls salt
2 tablespoonfuls cinna-	
mon	

Boil all together, and add one cup of vinegar. Cook till thick as desired. Put in jars and seal.

To one pint of this mixture add one cup of chopped apple and the juice and rind, grated or ground. Sweeten to taste, fill crust and bake as the usual mince pie.

Evaporated apples may be used, but grind before soaking and do not cook.

These pies will not harm children, and are very inexpensive, as compared to

those made of mincemeat.

Plum Tomato Preserves Turnovers

Make a circle as big as a saucer, or a square equal in area. Fill the center with plum tomato preserve and fold over matching edges, either as a half circle, or a triangle. Prick and bake.

Turnovers are especially ideal as pies for fitting into lunch boxes, and may be made of any sweetened vegetable preserve for school lunches.

King Cabbage Tarts

Use cabbage, which has been boiled in salted water and seasoned with salt and pepper to taste. Make a white sauce and pour over, mixing well with the cabbage. Fill round muffin pans lined with pastry circles, sprinkle with cheese over the top and bake. Carrots may be used the same way, omitting the cheese and using latticed strips of pastry over the top. These will be hardly recognizable as such common vegetables.

M. K. S.

* * *

New Ways of Using Milk

WHILE probably the best way of using milk is to drink it in its raw or pasteurized state, many children and adults will not use it in that form. In that case, the problem is to disguise or flavor the milk in some way so that the food value will not be changed or destroyed, and yet be more palatable than the natural product.

It has been found that children will drink flavored, sweetened milk when they will simply not touch pure milk. In order to demonstrate how universal the craving for sweetened, cold drinks has become, and how easy it is for the milkmen to cater to this demand, Prof. J. L. Sammis of the Wisconsin College of Agriculture conducted a booth at the 1921 Wisconsin state fair and dispensed milk in twenty-five new, pleasing, and attractive ways over a soda fountain.

Thousands of these milk drinks were

consumed, and a report from a Tennessee county fair also revealed that 10,000 similar drinks were sold there by an enterprising dairyman. There is nothing elaborate about the proposition. If these drinks are to be prepared in the home, and the whole question is largely one of increasing the home consumption of milk, Professor Sammis declares:

"Take any flavor that happens to be on the pantry shelf, put a little in a glass, add sugar to taste, fill the glass with milk, and put in some ice. That is all there is to it. Be sure that the milk is drank very cold, when it is most palatable. Vanilla is a very good flavor."

It is not even necessary that whole milk be used, as condensed milk will do very well. Simply dilute the condensed milk with an equal volume of water, and use as whole milk. Condensed milk, however, has a cooked flavor found objectionable by many, and, in that case, a suitable substitute is powdered milk, which has no such cooked flavor.

To prepare a powdered milk drink, put the flavor into the receptacle first, then the sugar, and then the powdered milk with a little water. Beat the powdered milk with an egg beater until it is wet through, and then add the rest of the water, finishing with the ice.

By adding fruit colors these various milk drinks can be given a changed external appearance, and wise is the mother who will prepare them often when her children show an inclination not to drink enough milk. Served at the table, they attract every member of the family. These milk drinks are no more expensive than many of the more watery and less useful compounds, so often substituted.

Soda fountains might well consider these various forms of sweetened and flavored milk to attract new trade. At the fountains the various flavoring syrups would naturally be used, and no sugar is necessary. And instead of clear water, carbonated water is used. The variety of these drinks is limited only by the ingenuity of the dispenser. W. A. F.

Old New England Sweetmeats Crab-Apple Dainty

WASH seven pounds of fruit and let boil with a little water until soft enough to press through a colander. Add three pounds of sugar, three pints of vinegar, and cloves and cinnamon to taste, and let the mixture boil, slowly, until it is thick and jelly-like.

Pumpkin Preserve

Pare a medium-sized pumpkin and cut into inch cubes. Let steam until tender, but not broken. Or cut the pumpkin into large pieces and let steam a short time and then cut the cubes.

Prepare a syrup of sugar and water; about three pounds of sugar and a pint-and-a-half of water, in which simmer the juice and rind (cut into strips) of two lemons. Drop the pumpkin cubes into the syrup and let simmer, carefully, until the pumpkin is translucent. Dip out the pumpkin and pack in ordinary preserve jars; pour over the syrup and lemon and close the jars. S. A. R.

* * *

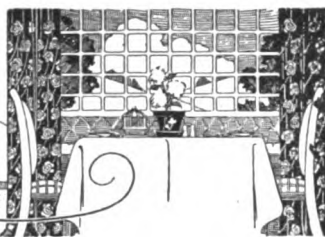
Apple-Orange Marmalade

TAKE seven pounds of apples, all green, if possible; wash and remove any imperfections, also the blossom and stem. Cut, but do not core nor peel. Cut in very small pieces. Three oranges; wash and remove peel, which put through finest knife of food-chopper, after discarding the inner white peeling, also seeds. Put the apple on to boil, adding water till it shows among the fruit, and boil to quite soft; mash fine and put in jelly-bag to drain over night. Boil the juice with the orange pulp, cut in very small pieces; add the orange peel and cook for twenty minutes, or till the orange is cooked. Add five (5) pounds of granulated sugar and let boil until a little in a cold saucer will jell.

This recipe has never been in print to my knowledge and will prove very satisfactory to the majority of people. B. F. B.



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor, AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4241 — "I wish you would let me have a good recipe for Caramel Icing, the kind that does not call for the whites of eggs."

Caramel Icing

Add two cups and one-half of dark brown sugar to three-fourths a cup of milk, and let boil thirteen minutes. When nearly done add three tablespoonfuls of butter and one teaspoonful of vanilla. Beat until nearly cold, then spread on top of cake. It may also be used between the layers. If a sugar thermometer be used, the syrup should be boiled to the soft-ball stage, or between 235 deg. Fah. to 240 deg. Fah.

QUERY No. 4242. — "Please let me have a recipe for Spiced Pineapple."

Spiced Pineapple

Weigh six pounds of pineapple, after paring, coring, and cutting in rather small pieces. Cook in a porcelain kettle with three cups of the best white vinegar, until the pineapple is softened, keeping the kettle closely covered, and turning the fruit once in a while so that the pieces may be equally exposed to the action of the vinegar. Tie in cheesecloth or netting one ounce, each, of whole cloves, previously bruised, and stick cinnamon, broken into small pieces; add these to the kettle with five pounds of granulated sugar, and let cook until the mixture is of the consistency of marmalade, being careful to avoid burning. The spices may be removed as soon as they have given the flavor desired.

QUERY No. 4243. — "Will you kindly answer the following in your Department of Queries and Answers? Should Boiled Potatoes be started in cold or boiling water? Should Corn on the cob be put on in cold water and allowed to simmer for several minutes after it comes to a boil, or be put on in boiling water and boiled five minutes? Should Chicken, Turkey, or other Fowl be covered during roasting? Can you give a clear and up-to-date article on correct Table Service?"

To Boil Potatoes

Very young, new potatoes — the kind hardly bigger than walnuts, should be put on in cold water and brought quickly to a boil, for potatoes so young as to be immature contain more or less of a bitter principle, which is desirable to get rid of in the cooking. Potatoes in their prime, as from September to March, are best put on in boiling, salted water. Later in the spring, when the potatoes begin to sprout and shrivel they ought to be put on in cold water and brought, as slowly as possible, to a boil, or allowed to stand in cold water for some hours before cooking.

To Boil Corn

It is usually preferred to put on the corn in cold water, bring to a boil, and let simmer until done. But to steam the ears will give, in our opinion, the best results.

Should Chicken Be Covered While Roasting?

Decidedly not; it spoils the flavor not only of chicken and turkey, but of any

prime joint of meat to bake it in a covered pan. The covered pan is properly used for braising only, for the tough cuts which have to be braised call for the combination of baking and steaming which results from the covered pan. All kinds of poultry, and all prime joints of meat should be placed on a rack in an uncovered roasting pan, put into a very hot oven for the first ten or fifteen minutes, and then have one or two cups of water poured over them, mixed with fat if the meat is lean, this water to be used for basting every ten or fifteen minutes. The rack in the pan serves both to allow a circulation of air around the meat, and to keep it from touching the water. It is this circulation of air that gives the fine flavor of the properly roasted meat, and the frequent opening of the oven door for the basting serves to supply the fresh air needed for the best results.

Instructions on Table Service

The Up-to-Date Waitress, by Janet M. Hill, or Breakfasts, Luncheons, and Dinners, by Mary D. Chambers, both contain clear and up-to-date directions for table service. We can supply these books if you wish to have either of them.

QUERY No. 4244. — "Will you tell me in your paper why my Lemon Pies become watery when I return them to the oven to brown the meringue? Also give me some suggestions for Desserts for Summertime, other than frozen dishes."

Why Lemon Pies Become Watery

A lemon pie may become watery when put in the oven to brown the meringue, if it be left in the oven too long; or it may water because the filling was not sufficiently cooked before putting into the pastry shell; or it may be from an insufficiency of flour being used in making the filling. If you had told us just how your pies are made, we would be better able to solve your problem.

In future we hope to answer queries as soon as they reach us, and by direct reply to each individual questioner; but up to the present we have answered most of them in this department of the magazine.

and since it takes two or three months to get the manuscript into print many of the questions are answered too late. So it happens with your inquiry regarding desserts for Summertime. Any of the cold desserts, such as gelatines, custards, blanchmanges, or fresh fruits with cream, are suitable for summer and are easily prepared.

QUERY No. 4245. — "Will you oblige me by an answer to the following in the pages of AMERICAN COOKERY? How shall I make Tartare Sauce? What should be the temperature of the fat for French Fried Potatoes or for Potato Chips? Mine are never crisp, can you tell me why? Also tell me how to Broil Fish, how to make a good Cream Dressing for fish, meat, or croquettes, and how to make Soft Gingerbread with a sauce to put over it."

Tartare Sauce

A Tartare Sauce or Sauce Tartare is merely a mayonnaise dressing with pickles chopped into it, a tablespoonful, each, or more, of chopped cucumber, cauliflower, and olives, with a tablespoonful of capers and two teaspoonfuls of red pepper to a pint of the mayonnaise. There is, however, a hot Tartare Sauce which is made by adding to one cup of thick white sauce the following ingredients: One tablespoonful, each, of chives, parsley, pickled gherkins, olives, and capers, all put through the food chopper. Stir into the white sauce; heat while stirring constantly, but do not allow the mixture to boil, and add one tablespoonful of vinegar just before serving.

Crisp Fried Potatoes

We think your trouble is not so much the temperature of the fat, which should be about 350 deg. to 375 deg. Fah., as it is that potatoes, to be crisped by deep frying, should first be soaked in cold water for twenty to thirty minutes, then dried perfectly before immersing in the fat. Also, they should be removed from the fat the moment they are done, and drained dry.

To Broil Fish

Wipe the fish dry, and brush it lightly



Housewives the nation over will be enthusiastic over the appointment of Mrs. Belle DeGraf as Domestic Science Director of the California Prune and Apricot Growers. Mrs. DeGraf enjoys a country-wide reputation as a home-cooking expert and as an authority on food values.

I never knew what prunes and apricots could do until—

I came to analyze the flavor and health values of these two fruit-foods. At first their use seemed rather limited but with each new dish others immediately suggested themselves.

The chief nutritive element in both prunes and apricots, of course, is fruit sugar. But you derive great value, too, from their mineral salts and organic acids. These improve the quality of the blood and counteract the acid elements in meat, eggs, cereals and other high-protein foods.

Also, they are rich in tonic iron and other mineral and vitamin elements needed for body tone. Nor should I forget to mention that prunes especially provide a natural laxative made in Nature's own pharmacy.

But aside from these essential health values, I found that Sunsweet Prunes and Apricots offer wonderful possibilities—varying from the most delicate soufflé to the more substantial cobbler, pie or pudding.

—Belle DeGraf

The new 1922 Sunsweet Recipe Packet—edited by Mrs. Belle DeGraf—will be nothing less than a revelation to you. The recipes are printed on gummed slips [5 x 3"] for easy pasting in your cook book. And it's free! California Prune & Apricot Growers Inc., 1196 Market St., San Jose, Cal.

SUNSWEET

CALIFORNIA'S NATURE-FLAVORED

PRUNES & APRICOTS

with oil or melted butter. Place it in a double wire broiler, and cook over a clear fire, turning every other minute until both sides are a light, even brown. Remove carefully from the broiler, using a sharp boning knife to free it from adhesions. If the fish is thoroughly oiled, it should not adhere to the broiler.

Cream Sauce

Blend together butter and flour, and add to hot milk; keep stirring until the whole has boiled for at least one minute. Add seasonings to taste, at the beginning of cooking. The proportions for a thin, a medium, and a thick sauce are, respectively: One, two, and four tablespoonfuls of flour to one cup of milk. And an equal volume of butter, or one-third less than the flour, is called for.

Soft Gingerbread

To two beaten eggs in a mixing-bowl add two tablespoonfuls of butter, melted, three-eighths a cup of sour milk, and one cup of molasses. Beat all together; add two cups of flour, sifted with one-half a teaspoonful of salt and one teaspoonful of baking powder, and one tablespoonful of ginger. Lastly, add one teaspoonful of baking soda, dissolved in two teaspoonfuls of water. Bake in a sheet, and serve with whipped cream for a simple dessert.

QUERY No. 4246. — "Can you give me a recipe for Deep-Dish Apple Pie? It has a thick top covering, I cannot call it a crust, for it is something between a cake and a biscuit dough — not at all like pie crust."

Deep-Dish Apple Pie

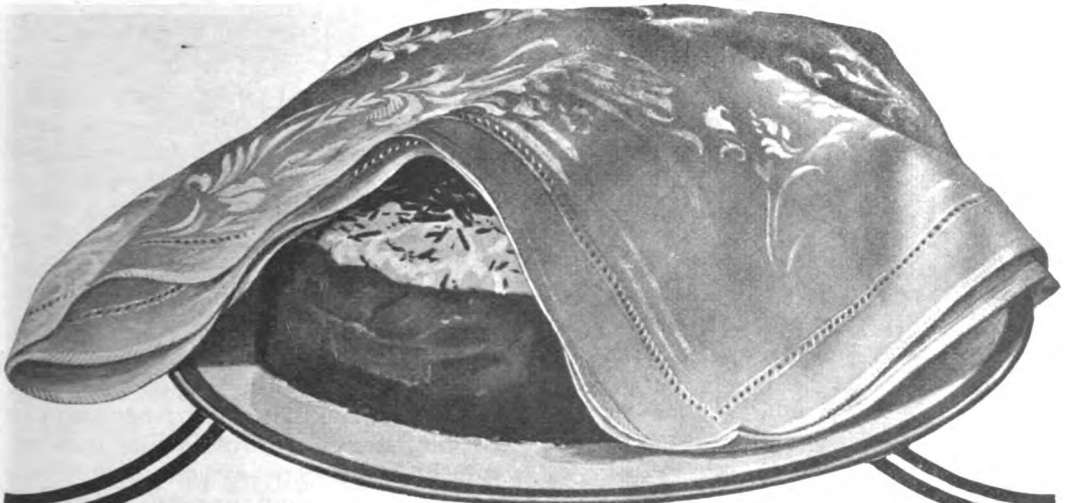
This is the genuine English Apple Pie — they would call ours an apple tart. It is made in oval baking-dishes of thick yellow ware, about two and one-half or three inches deep, and with flat rims an inch in width. The first thing to do is to invert a teacup — preferably one without a handle — in the bottom of the dish, then core and pare sour, juicy apples — any number, from six to a dozen, depend-

ing on the size of the family and the dish — and divide them in eighths. Arrange these in alternate layers with sugar in the dish, with a generous sprinkling of whole cloves over each layer, and pile, layer on layer, until not another bit of apple can go in anywhere without toppling out. The apples are piled up as high again as the depth of the dish, or higher. Now lay over all a very rich biscuit dough, lightly rolled out to one-fourth inch in thickness. Decorate this with leaves, or other cut-out designs, and arrange them over the covering and moisten the under sides with water, to make them adhere during the baking. Place long strips of the dough over the brim of the pie-dish, and press with the bowl of a spoon in concentric designs. Bake in a moderate oven for an hour. Pieces of the crust are cut off for serving, and spoonfuls of the apple pulp are served with them on the plate, then, as soon as convenient the inverted cup is removed, and the rich liquid collected under it is spooned over each serving of crust and apples.

QUERY No. 4247. — "I wish very much to know the right temperature for Baking both layer and loaf, white, butter Cakes, also for chocolate Cake. Should the Baking begin with a cold or a warm oven? How long should each kind of cake bake?"

Temperature for Cake Baking

The usual time and temperature for baking layer cakes is 400 deg. Fah., for twenty minutes. Loaf cakes, made with butter, with or without chocolate, take a temperature of from 350 deg. to 375 deg. Fah. for from forty minutes to an hour. These temperatures are approximate, and are in accordance with the general rules for oven temperature, but this has to be adapted to the recipe. The more sugar used the lower should be the temperature, to avoid burning, and especially when molasses is used does the need to decrease temperature become imperative. The more butter used the higher should be the temperature, at least, until the cake is "set," to keep it from falling. Cakes with much butter



Another Mystery Cake

Can You Name It?

THE first Royal Mystery Cake Contest created a countrywide sensation. Here is another cake even more wonderful. Who can give it a name that will do justice to its unusual qualities?

This cake can be made just right only with Royal Baking Powder. Will you make it and name it?

\$500 For The Best Names

For the name selected as best, we will pay \$250. For the second, third, fourth, and fifth choice, we will pay \$100, \$75, \$50, and \$25 respectively. Anyone may enter the contest, but only one name from each person will be considered. All names must be received by December 15th. In case of ties, the full amount of the prize will be given to each tying contestant. Do not send your cake. Simply send the name you suggest with your own name and address, to the

ROYAL BAKING POWDER CO., 168 William Street, New York

HOW TO MAKE IT

Use level measurements for all materials

$\frac{1}{2}$ cup shortening	4 teaspoons Royal Baking Powder
$1\frac{1}{2}$ cups sugar	1 cup milk
1 egg and 1 yolk	$2\frac{1}{2}$ cups flour
	Grated rind of $\frac{1}{2}$ orange
	$\frac{1}{4}$ teaspoon salt
	$1\frac{1}{2}$ squares ($1\frac{1}{2}$ ozs.) of unsweetened chocolate (melted)

Cream shortening, add sugar and grated orange rind. Add beaten egg yolks. Sift together flour, salt and Royal Baking Powder and add alternately with the milk; lastly fold in one beaten egg white. Divide batter into two parts. To one part add the chocolate. Put by tablespoonfuls, alternating dark and light batter, into three greased layer cake pans. Bake in moderate oven 20 min.

FILLING AND ICING

3 tablespoons melted butter	3 squares (3 ozs.) unsweetened chocolate
3 cups confectioner's sugar	2 tablespoons orange juice
	1 egg white
	Grated rind of $\frac{1}{2}$ orange and pulp of 1 orange

Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange, removing skin and seeds, and add. Beat all together until smooth. Fold in beaten egg white. Spread this icing on layer used for top of cake.

While icing is soft, sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife (use $\frac{1}{2}$ square). To remaining icing add $2\frac{1}{2}$ squares unsweetened chocolate which has been melted. Spread this thickly between layers and on sides of cake.



need the greatest heat at first, and then a reduced temperature. So do all cakes of small size. Large cakes are better at a uniform temperature, not so high as the average. A different flavor is produced, especially in very rich cakes with a good many eggs, when put into a cool oven and baked with gradually increasing heat, from that developed by a high initial temperature and then a decreased heat. The quality of the flour and shortening also affect the temperature and time needed in baking. It is a good safe thing to follow the rules, and to temper them with judgment. When the cake is just firm in the center, and has shrunk from the sides of the pan, it is done, no matter what the temperature has been or how long it has baked. But you will always get your cake at this condition, more surely and safely, by following the rules, though you must be on the alert to use them with flexibility.

QUERY No. 4248. — "Will you please give me a recipe for Canned Pimientos?"

Canned Pimientos

Cut round the stem of each, and with a small, sharp knife remove the seeds and the white partitions inside. Set on a baking sheet in a hot oven until the thin outside skin puffs and cracks, then remove it with a small, sharp knife. Or they may be scalded, then dipped into cold water and the skin be carefully removed. Sometimes the skin is left on. Now press each one flat, and arrange them in layers, alternately overlapping one another, in the jars, without liquid, and process for twenty-five to thirty-five minutes at 212 deg. Fah. During the processing a thick liquid should exude, covering the pimientos.

QUERY No. 4249. — "I should like a recipe for New York Ice Cream."

Classes of Ice Cream

There are three distinct classes of Ice Cream: The Philadelphia, which is supposed to be made of heavy cream; the French, which is made with eggs on a soft custard foundation; and the so-called American, which is made on the foundation of a thin white sauce. All three classes are made in New York, and in every other large city, but we have never heard that any special recipe for ice cream is peculiar to New York. The less expensive forms of cream, in that and every other city, are those based on a thin white sauce, sweetened, flavored, and frozen.

It was the custom of the congregation to repeat the Twenty-third Psalm in concert, and Mrs. Armstrong's habit was to keep about a dozen words ahead all the way through. A stranger was asking one day about Mrs. Armstrong. "Who," he inquired, "was the lady who was already by the still waters while the rest of us were lying down in green pastures?"

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Nature's own condiment—the tonic tang of health-giving cranberries gives zest to the appetite, and a piquant flavor to meats—hot or cold.

When cooked with pot-roast or cheaper cuts of meats cranberries make the meat tender and delicious. (See recipe folder for this and other recipes.)

8 lbs. cranberries and $2\frac{1}{2}$ lbs. of sugar make 10 tumblers of beautiful clear jelly. Try this recipe:—

Cranberry Jelly

Cook until soft the desired quantity of cranberries with $1\frac{1}{2}$ pints of water for each two quarts of berries. Strain the juice through a jelly bag.

Measure the juice and heat it to the boiling point. Add one cup of sugar for every two cups of juice; stir until the sugar is dissolved; boil briskly for five minutes; skim, and pour into glass tumblers, porcelain or crockery molds.

Always cook cranberries in porcelain-lined, enameled or aluminum utensils.

A recipe folder, containing many ways to use and preserve cranberries, will be sent free on request.

For quality and economy specify "Eatmor" Cranberries

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"Choisa" Orange Pekoe Ceylon Tea

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BOSTON

BROOKLINE

Baked Apples with Marshmallows



6 apples $\frac{1}{4}$ cup boiling water
 $\frac{1}{4}$ box Campfire Marshmallows
1 tablespoon butter

Wipe apples, remove core, cut through skin half way down to make points and place in baking dish. Reserve six Campfire Marshmallows, cut remainder in pieces and put in center of apples. Put bits of butter on top. Surround apples with water and bake in hot oven until soft, basting frequently. Be very careful that they do not lose their shape. Remove from oven, put a whole marshmallow in the top of each apple, and return to oven until slightly brown.

Surround with the syrup from the pan and serve hot or cold with cream.

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WHITE
Marshmallows

Beautiful Recipe Book FREE

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The big
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package

To Express Personality

(Concluded from Page 269)

luncheon — no better than she served herself at home, though. She stared at her own slim, capable fingers. Was she domestic, after all?

"We've been looking at apartments in the city," Burt went on — "apartments in a hotel, you know. — Try the omelet, Mrs. Brown — Nan's don't fall flat as soon as other omelets do. — But we haven't found what really appeals to us."

"I should think not," declared Mrs. Brown, vigorously. "I always say a person hasn't a spark of originality that will go and live in a coop just like hundreds of others, all cut to the same pattern. Look at your Aunt Susan, now. This house belonged to old Joe Potter, he built it less'n ten years ago an Mis' Potter she had it the way she wanted it, and that was like the house she lived in when she was a girl, little, tucked-up rooms, air-tight stoves, a tidy on every chair, and she made portières out of paper beads that tickled 'em both silly — yes, and tickled everybody in the ear that went through 'em, though that wan't what I meant to say. When she died, Joe wouldn't live here, said he wouldn't be so homesick for Julia in another house, this one was full of her. So, your Aunt Susan bought it, and what did she do?"

"She knocked out partitions, took down fire-boards, threw out a good parlor set and lugged in tables and chairs from all over, put big panes of glass where there was little ones — in some places, she did, and only the good angels and Susan Winchester knows why she didn't change 'em all, they're terrible mean to wash — made the front hall into a setting room and the parlor into a bedroom, got two bathrooms and no dining room — well, to make a long story short, this house is now Susan Winchester. Anybody that knows Susan would know it was her house if they see it in China."

"Did you learn to keep house with your mother?"

The transition was so abrupt that Anne



*....and Cook says there's
a secret behind the flavor*

Baker's Coconut has that tempting flavor of the ripe coconut fresh from the Tropics. YOU'll note its goodness the very first time you try it. You'll realize, too, that coconut is real food, delicious and nourishing—as well as a garnish for other foods.

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In the can:—Baker's Fresh Grated Coconut—canned in its own milk.

In the package:—Baker's Dry Shred Coconut—sugar-cured—for those who prefer the old-fashioned kind.

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FIRST FOR FLAVOR

DELICIOUS AND SUSTAINING
DIABETIC FOODS
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 RICH IN PROTEIN AND FAT
Flapco FLOUR CONTAINS PRACTICALLY NO STARCH
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started. "I — my aunt brought me up — and nine cousins," she answered. "My aunt is as unlike Burt's as you can imagine, but just as dear and good. She had a big family, and there was never time enough to have her home as she wanted it — so she thought — and I thought so, too — but yet — Aunt Milly's home was always full of happy children, and, perhaps, that's what she really wanted, more than dainty furnishings or a spotless kitchen."

"Folks, mostly, get what they want, even if they don't know it," confirmed Mrs. Brown. "Look at the Admiral, here. He don't want to come over and live with me, same as Susan meant he should. He wants to stay right in his own home, and have his meals and petting same as usual, and here you come along today and give them to him. Trouble is, folks don't always know what it is they want."

When Mrs. Brown went back to her own dinner, she left Anne with something to think about. Washing the dishes in Aunt Susan's white sink, which was fitted to that very purpose, drying them upon a rack which held every dish apart from its neighbors, and, finally, polishing the quaintly shaped pieces upon Aunt Susan's checked towel, which remained dry and spotless; opening every drawer and cupboard to see that all was left in the dainty order she had found there, Anne had a clear vision of the blue and silver furnishings at the Kensington. What had she told Burt: "It doesn't look like either of us"? — while Aunt Susan's home —

"Burt," she called, "come and answer this question. Did you come to Byrnton instead of Branton on purpose?"

"What's this?" said Burt. "Cross-examination?"

"It's an examination, surely, but I won't be cross," replied Anne, with a rare dimple. "You must answer my question truly."

"Yes, Your Honor," said Burt. "I did, Your Honor."

"Did you know your Aunt Susan wouldn't be home?"

Ms. Knox's Page

Household Discoveries with Gelatine

HOUSEKEEPERS everywhere are constantly sending me new and unusual uses for gelatine. These hints are so interesting that I am giving as many as possible here, together with one of my own gelatine specialties. If you, too, have discovered some new use for Knox Gelatine, send it to me that I may publish it on this page.

A DELICIOUS THANKSGIVING DESSERT

1 envelope Knox Sparkling Gelatine	1 teaspoonful vanilla	$\frac{1}{4}$ pound nut meats, chopped
$\frac{1}{2}$ cup cold water	1 cup maple syrup	$\frac{1}{8}$ teaspoonful salt
White of 1 egg	2 cups cream	

Soften the gelatine in the cold water ten minutes and dissolve over hot water. Heat the maple syrup and pour on the beaten white of the egg, beating until very light. Beat in the gelatine and, when cool, fold in the cream, beating well, and add vanilla, salt and nut meats. Line mold with lady fingers or slices of stale sponge cake. Turn in the cream and chill.

For after-dinner candies, try Knox Gelatine mints

Fruit juices, from canned or "put-up" fruits, need not be served with the fruit but poured off, saved and made into Knox Gelatine desserts and salads. The juice from canned strawberries, loganberries, or blackberries makes a most delicious jelly when combined with Knox Gelatine, or with nuts, cheese and lettuce, a delightful fruit salad.

Canned apricot juice, jellied with spices and grated orange rind, makes an appetizing relish for meat or fish.

Canned pineapple juice, molded with sliced tomatoes or cucumbers, makes a most unusual jellied salad.

In these fruit juice desserts and salads, use one level tablespoonful Knox Gelatine for every two cups of juice, or two level teaspoonfuls to a cup of liquid. First soften gelatine in cold water and add fruit juice, heated sufficiently to dissolve gelatine. Pour into wet molds and chill.

Bread crumbs, rice and nuts, combined with Knox Gelatine, make a nutritious "Vegetarian Nut Loaf." This may be used in place of meat and is appropriate for a simple home luncheon or dinner. See detailed recipe, page 5, of the Knox booklet, "Food Economy."

MANY GELATINE DISCOVERIES IN KNOX BOOKLETS

There are many additional uses for gelatine in my recipe booklets. "Dainty Desserts" and "Food Economy," which contain recipes for salads, desserts, meat and fish molds, relishes, candies, and invalid dishes. They will be sent free for 4 cents in stamps and your grocer's name.



Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for Gelatine—think of KNOX"

MRS. CHARLES B. KNOX

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"Our Aunt Susan," corrected Burt. —
"No, Your Honor — that is, I thought—"
"You knew she was going to California?"

"Yes, Your Honor."

"This summer?"

"I didn't know exactly when — honestly, Nan, I did want you to meet her."

"Why?"

"I knew you'd like the way she keeps house. I didn't realize that the house could speak for itself, without her. — You do like it, Nan?"

"I don't have to answer questions, because I'm the Judge," Nan told him. "I'll ask you one more. Do you want me to ask you to take this cottage, for us, in the fall, and stay in it until Aunt Susan comes back?"

"Not unless Your Honor pleases."

"Case dismissed, for lack of evidence," said Nan. — "Burt, could we live here?"

"We could. I'll admit it's what I'd like, if you do. The difference in rents would buy gasoline. Could you work here, and keep house, too?"

"I can if I'm smart," answered Nan, soberly. "I wonder if I'm smart."

"Dear," said Burt. "What have you done since you came to New York but work and keep house, too, in less convenient quarters than this, and with no one to help you — no good husband like me —?"

"That's so!" she turned a radiant face upon him.

"If we like, we can begin another home, of our very own, when Aunt Susan wants hers back," Burt smiled quizzically. "No one else's house would suit you for always, Nan. Ask me why."

"Why?"

"Because," said Burt in triumph, "personality, like the measles, will out!"

Mother: "No, Bobbie, I can't allow you to play with that little Kim boy. He might have a bad influence over you."

Bobbie: "But, mother, can I play with him for the good influence I might have over him?" — *New York Globe.*

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Puddings



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2 cups flour
¼ teaspoon salt
1 teaspoon ginger
½ teaspoon soda

½ teaspoon mace
1 egg beaten
½ cup HEBE diluted with
2 tablespoons water
1 cup seedless raisins

¼ cup brown sugar
¼ cup butter
½ cup corn syrup
½ cup molasses

Sift flour, salt, soda and spices into bowl. Melt together HEBE, water, sugar, butter, syrup and molasses. Cool slightly and add to dry ingredients with egg and raisins. Turn into greased and floured cake tin and bake in moderate oven for an hour.

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The Silver Lining

It's Only Old Pot Liquor, After All

Respectfully dedicated to the eminent scientist,
Dr. H. Barringer Cox

SOUTHERNERS have been rather amused to read lately that the favorite dish of the children and the colored people, "Pot Liquor," that is the liquid in which turnip greens, beans, etc., with bacon, have been boiled, has now been pronounced a most valuable food by scientists. "Pot Liquor" is usually eaten with "corn pone," that is, plain corn bread.

I feel advanced and erudite,
Because I recently did read
Where skilful scientist did write
A column full of learned "feed."

O, it was all about such things
As "vitamines" and kindred terms;
I read and read how some food brings
Eviction to the naughty germs.

I read of how we all should eat
The "essence" strong of turnip greens,
And oh, he showed in language meet
For science that he did "know beans."

My head did almost ache with weight
Of all the learning I obtained;
And when I read, through language great,
I marvelled at the knowledge gained.

Black "Mammy" would have never known
A germ. Alas! that she has died
Before her nurslings' feast, "corn pone"
In juice of greens was glorified.

Please, Mr. Scientist, so wise,
Since you "pot liquor" do so raise
To nth degree, nutrition size,
Send us another screed to praise

In learned phrase, "pot liquor's" true
And constant partner, good "corn pone";
O, we "down South" do beg of you
Leave not our childhood's friend alone;

But drop in scientific stew —
Of course in language hard to read —
A "corn pone hunk" — we promise you
A noble, satisfying "feed."

Then honorable mention take
Our "side meat," then such generous share,
Such unction and such healing make
As "inner consciousness" should bear.

In earlier days we only knew
"Pot Liquor" and we did not bow
To "vitamines." Alas! 'tis true,
Bacon, a real aristocrat is now.

ere are some of— Mrs. Rorer's Standard Books of peculiar interest just at this time:

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By M. E. HENRY-RUFFIN.

Foreman: "What are you doin' of, James?"

Bricklayer: "Sharpenin' a bit o' pencil."

Foreman: "You'll 'ave the Union after you, me lad. That's a carpenter's job." — *Punch*.

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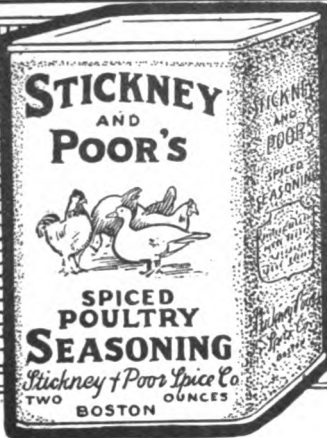
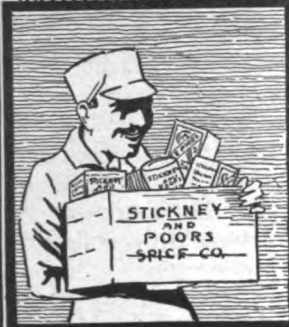
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—*Adv.*



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 — Adv.

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 — Adv.

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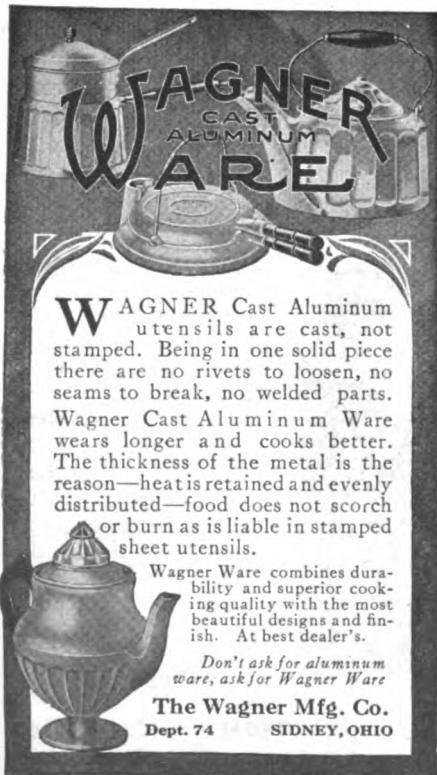
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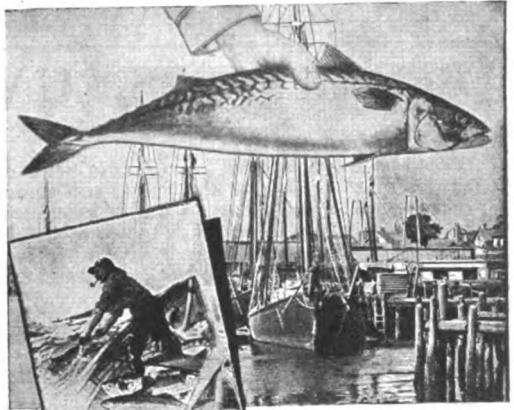
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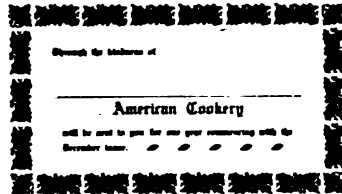
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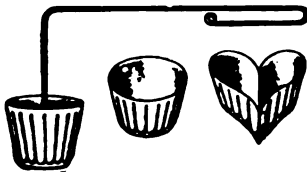
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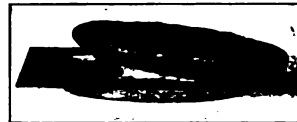
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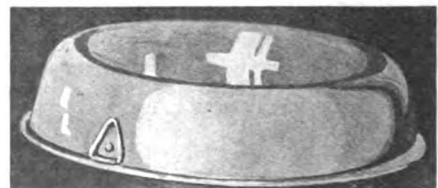
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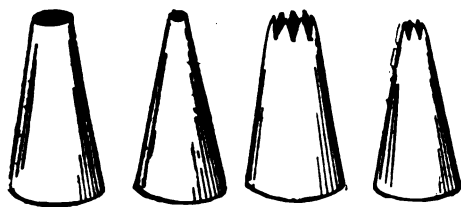
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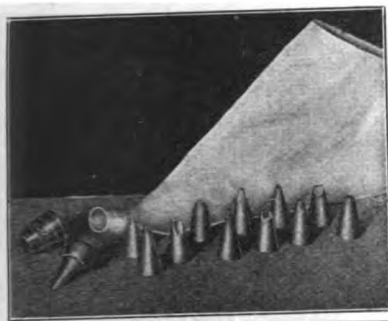


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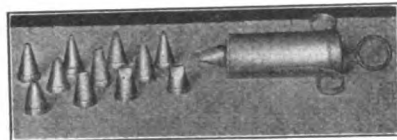


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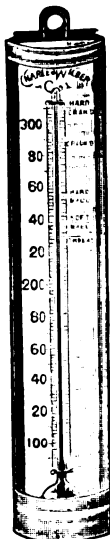
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AMERICAN COOKERY

Vol. XXVI

DECEMBER, 1921

No. 5

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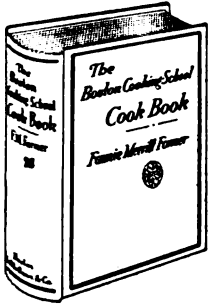
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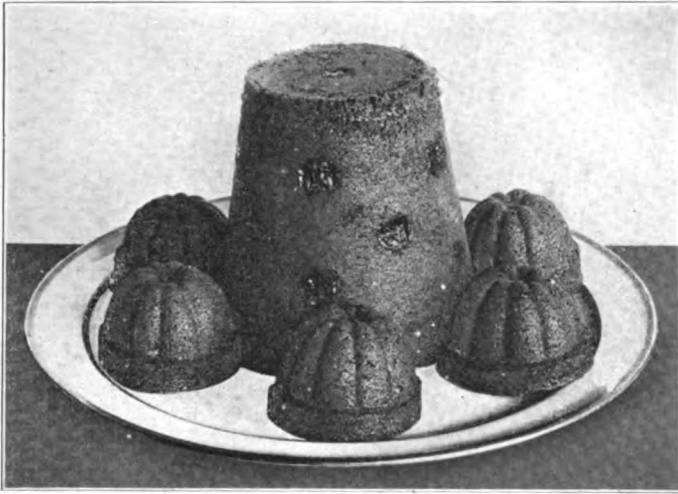
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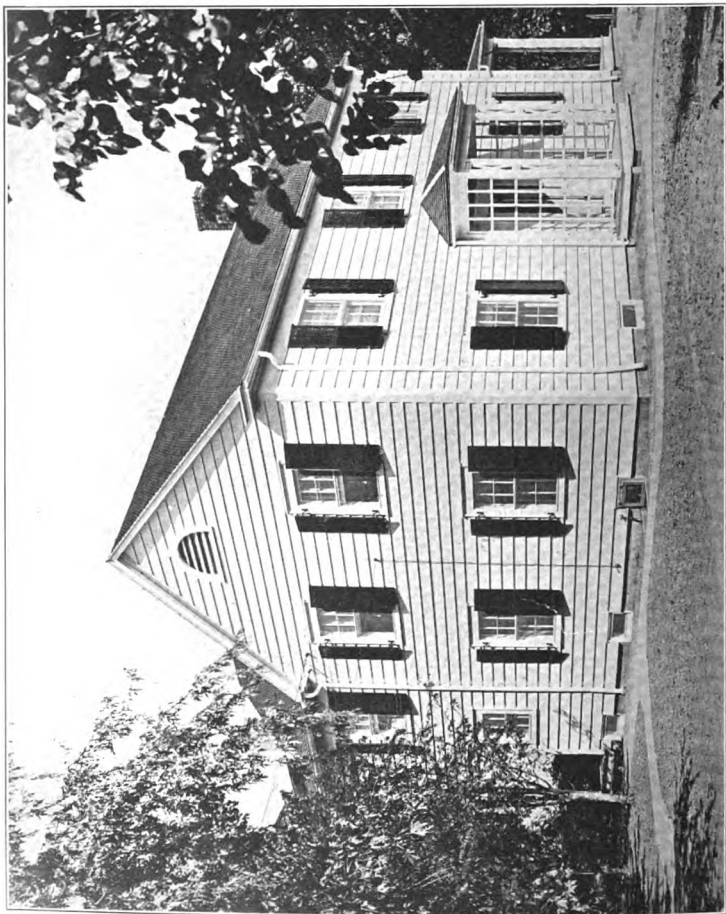
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VOL. XXVI

DECEMBER

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Adding Beauty to Homes at Small Extra Cost

By Margaret Ryan

THERE is one benefit that we should have gained from the commemoration last December of the three hundredth anniversary of the landing of the Pilgrims. It was having our attention called again to what their immediate descendants contributed to the domestic architecture of this country. The house pictured here marks a possible return to their style of dwelling. It has been built recently in an Iowa town under circumstances that promise much for the builder of the small home.

The Pilgrims themselves worked laboriously to put together simple log cabins and shacks that protected them from the weather, and from the savage attacks of both man and beast. But as the bounty of nature blessed the colonies, their sons and daughters had more leisure and wealth and were quick to seize the opportunity to build for themselves homes that possessed not simply elements of creature comfort, but also extraordinary beauty. These homes have been bequeathed to us as one of our most priceless heritages. Nothing like the architectural masterpieces that were built in New England, and on our eastern shore has been done since. The Colonists developed for us, influenced, of course, by the mother country, the one distinctive American architectural type — the Colonial home. Howsoever far afield we may roam in our search for something different we invariably come back to the Colonial as that of which we can never tire.

Colonial houses continued to be the predominant style of domestic architecture in this country until about the middle of the nineteenth century. They

reached the height of their development shortly after the close of the Revolutionary War. It was not until after the Civil War that the development of American industry and the exploitation of the natural resources of the country diverted our attention, and we entered upon what has been called the great American decadence in architecture, when we stuck fancy contraptions, even to sunbursts, on to the outside of our houses, and on the inside of them endured the period of black walnut and haircloth; tied turkey-red tidies to the backs of our plush-upholstered chairs; pulled down the shades in the "parlor," lest the sun might fade our gorgeous rugs, and kept religiously out of that musty room except when we had "company," weddings, or funerals.

This state of mind towards things architectural and beautiful begot its own downfall. We suddenly sloughed it off and went to the other extreme. We took up "mission" woodwork and furniture, and, finally, there came the bungalow epidemic. Now, isn't it about time we took a look at ourselves and reached a realization of how we can make our houses sensibly serve our bodily and spiritual welfare, rather than tickle our vanity or cater to our idiosyncrasies?

If we stop to think about it, we will realize that the really satisfactory house combines three essentials: Good design, which includes good planning; good construction; and good materials. The prospective homebuilder who seeks a house that combines these essentials will not go far until he realizes the need of a competent guide. He will, undoubtedly,

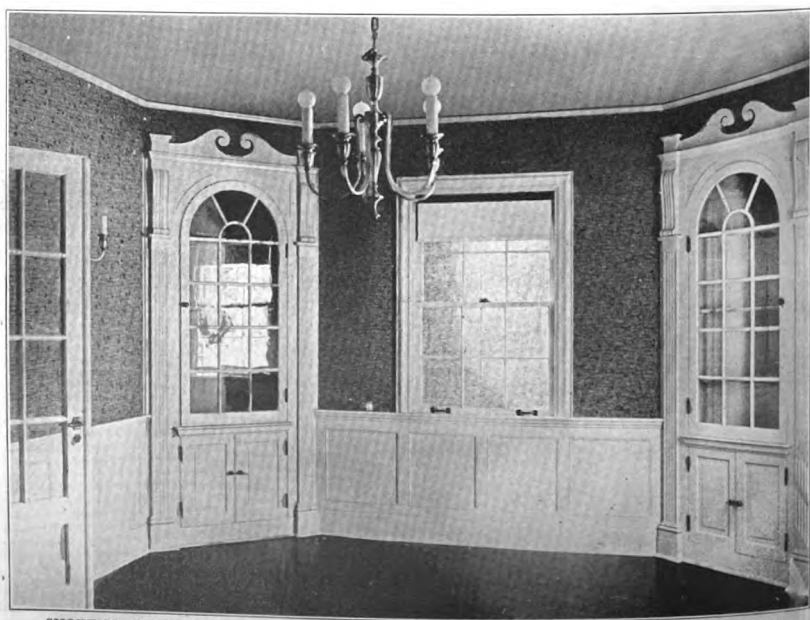
seek the counsel and assistance of an architect.

The peculiar economic conditions of our country, particularly of recent years, have thrown the problem of building a home into high relief. The 1920 census returns show the enormous growth of our cities at the expense of the rural districts. For urban residents, this has complicated the housing problem by injecting the land question. The city homebuilder often finds himself confronted with the proposition of making his house accommodate itself to a site that is hopelessly small. This makes it all the harder to build a comfortable and beautiful home at a reasonable cost.

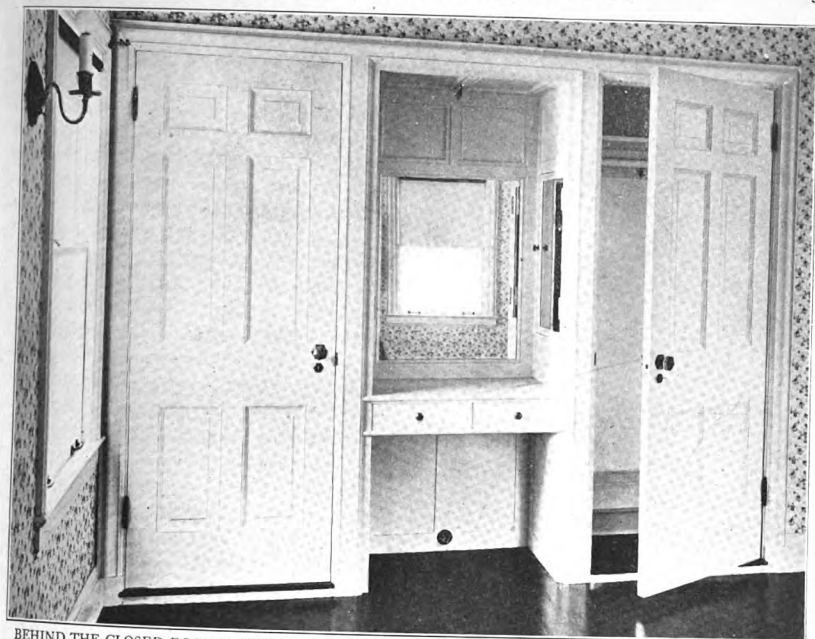
Even in those cities where architects of standing have offices that are accessible to the small builder, the architect cannot afford, in the majority of cases, to plan, and design in detail the average small house for the fee that he receives. He is forced to devote his attention to larger buildings. This tends to dissociate him from the small-house field. On the other

hand, the small-home builder cannot afford, as a rule, to pay the necessary extra cost, in both money and time, for the production of the architect's special details, manufactured on a made-to-order basis. The American Institute of Architects have taken cognizance of this situation and have proposed various schemes to circumvent it, but as yet little or nothing has come of this effort. This, and the fact that there has, heretofore, been no such thing as good architectural stock-forms, which the architect of standing could recommend, and the homebuilder could afford, have left the average small house woefully lacking in architectural interest. The first essential of homebuilding — good design — has, therefore, been left largely to the jerry-builder to supply, or to the sellers of materials who have furnished plans and designs as a means of disposing of their wares. The result is deplorable to contemplate. What can be done about it is a serious question!

Perhaps the little house illustrated



SHOWING ONE END OF DINING-ROOM BEFORE RUGS AND FURNITURE HAVE BEEN PLACED



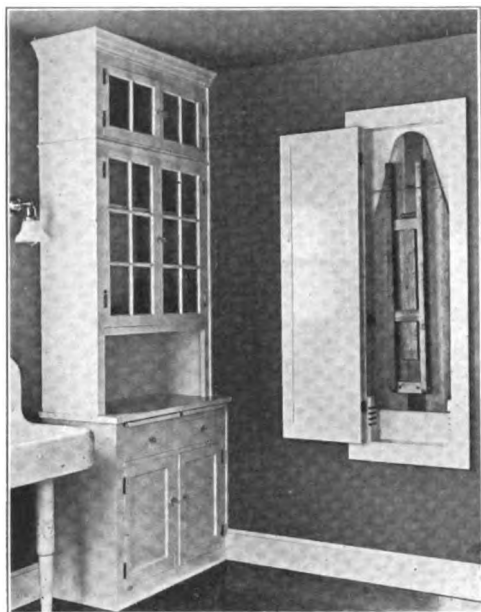
BEHIND THE CLOSED DOOR IN THIS BEDROOM IS A CASE OF DRAWERS. THE BUILT-IN DRESSER IS DECORATIVE AND ARCHITECTURAL

with this article suggests a way out of the dilemma. Here is a house that is well planned, and it combines genuine beauty, good construction and good materials in a surprisingly economical manner. It is suggestive of the possibilities in store for the small builder to whom an architect's advice and help are not available, or who cannot afford the made-to-order details that an architect might find necessary to design. It is the product of a house-plan service that is very similar to the services which have been prepared, and are being prepared, by the various State chapters of the American Institute of Architects.

This house is a genuine Colonial home, and is indicative of the return to the Colonial that is noticeable throughout the entire country, from the East where the Colonial home originated, to the far West, where it is displacing the bungalow in popularity, in the native habitat of that type of house. The Colonial and the other types of houses

comprising the service of which this house is representative were planned and designed by one of the foremost firms of architects in this country—a concern that is responsible for two of “the twelve best houses in America,” and that is recognized as an authority in the field of domestic architecture.

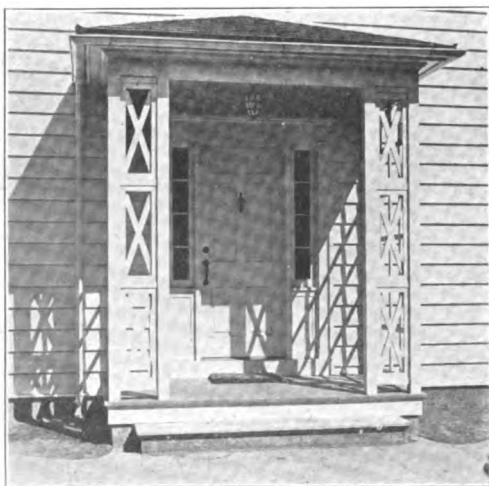
A study of the pictures is sufficient to show the beauty of the fine proportions, simple lines and exquisite details of this house. It has been possible to build true to an architectural type at an economical cost, because only standard, or stock, materials have been employed. In this respect the house is a product of the war, for standardization and quantity production have been the main theme of American industry during and since the war. There is no reason why the economies of standardization and quantity production should not be applied to the field of homebuilding. The result of using stock materials in this house is convincing that a beautiful home can be



THE PRACTICABILITY OF BUILT-IN FURNITURE IN THE KITCHEN

built, at a low cost, without the least sacrifice of artistic quality.

As every one knows, all building materials must needs come in certain sizes. Lumber is sold as 2 x 4's, 2 x 6's, and in different lengths, varying by two feet; bricks are sold as units 2 x 4 x 6, and in other sizes; similarly with hollow tile and every other material that goes into the average home, with one principal



ALL EXTERIOR DETAILS, EVEN TO THE ARCHED TRELLIS, ARE STANDARD, STOCK ITEMS

exception — the woodwork, *i. e.*, the mouldings, doors, windows, frames, interior trim, stairways and built-in furniture. This house has been planned, designed and constructed to use nothing but standard materials from start to finish, even including standard woodwork forms, which, heretofore, have not been available.

These architectural details comprise, perhaps, 20 per cent of the cost of the average house, and they are responsible, in a great measure, for the beauty of a home. The absence of such architectural forms has contributed much to the mediocrity of present-day, American small-house architecture.

Beauty in a house is both architectural and decorative. On the interior, the decorative elements consist of the furniture, lamps, rugs, curtains, which are moved in. The architectural elements are built in as a part of the house itself. They form the background, against which the decorative elements are placed. Unless there is harmony between the two, a beautiful interior cannot result. We have long had good standard designs in furniture — period creations and the like — but no architectural elements of equal merit.

It can be seen from the illustrations that no sacrifice of individuality has resulted from the employment of stock forms of woodwork in standard sizes in this house. Good architecture, as one authority states, is not so much the using or inventing of many new and strange forms, as it is the proper disposing and utilizing of a few good forms, whether they be standardized or otherwise. In support of this statement, we find in the Colonial homes, built prior to the establishment of our Republic, such items, as doors, windows, jambs, and muntins, which were in nearly all cases of the same pattern. This is particularly true of certain periods, and the fact is also to be observed in other expressions, as for example, in English architecture, as well as in American Colonial. The forms used in the house of the accompanying

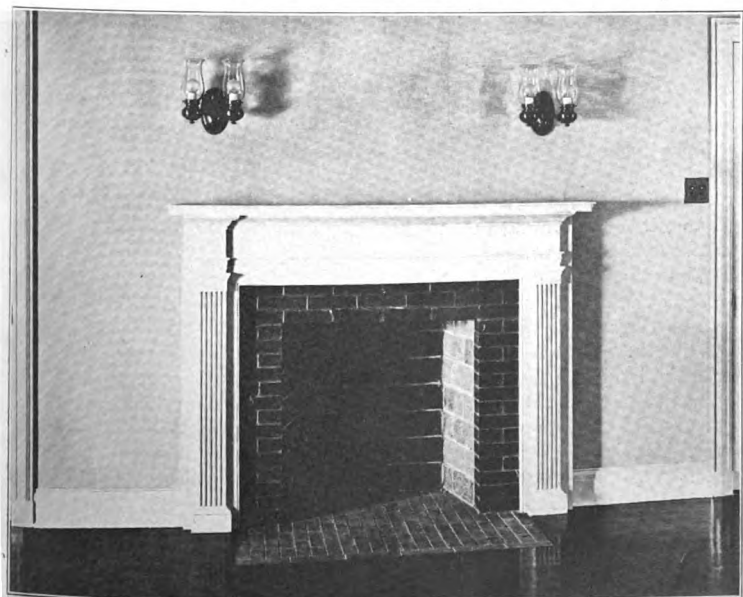
illustrations were selected from a large variety, including designs suitable for other types of houses, as well as the Colonial. The mantel and French doors in the living room are examples of these designs; likewise, the several parts that compose the characteristic Colonial stairway; the corner china closets in the dining room; the dresser and built-in ironing board in the kitchen; the built-in dressing table in one of the bedrooms; the door and window frames; and the shutters, twelve-light windows, and trellis porch posts on the exterior, even to the little arched gateway to the tasteful home in its attractive setting.

The future doubtless holds forth to the person of moderate means great possibilities in homebuilding with houses of this type now available to him. He can find, in the group of which this house is one, a variety of plans with as few rooms as three, or as many as twelve. The particular needs of the farmer have also been provided for, in some of these plans, so the farmer's family, too, need no longer

do without a beautiful home, now that one can build a home that is beautiful at no more, but often less, cost than one of mediocre design.

Builders who prefer the English or half-timber house to the Colonial type will also find designs in that expression that will realize their fondest expectations. Some builders may not fancy either the Colonial or English, but prefer instead a house similar to the type which has been built more recently in the West and middle West, and which is characterized by wide, overhanging eaves and exposed rafter ends. Houses of this type are also to be found. Those who live in warm climates, and who do not require a basement under their houses for heaters will be delighted with the simplified Colonial type in the one-story cottage, which employs an abundance of fireplaces, and has a fuel shed in the rear, in place of the basement coal bin.

All who are interested in seeing our country become a nation of beautiful homes will rejoice over the application of



QUANTITY PRODUCTION OF MANTELS HAS BROUGHT INTERIOR DETAILS WITHIN REACH OF THE SMALL BUILDER

the efficiency and economy of modern industry to the ancient problem of providing habitation for human families that

will truly contribute, as Ruskin said, "to their mental health, power and pleasure," as well as to their creature comforts.

The Old-time Christmas Feast

By C. A. Browne

A ROLLICKING, happy-go-lucky lot of folks they must have been, away back in the early part of the seventeenth century, if we may judge them by the gleeful spirit who penned these cheery lines:

"Now all our neighbors' chimneys smoke,
And Christmas blocks are burning;
Their ovens with the baked meats choke,
And all their spits are turning.

Without the door let sorrow lie,
And if for cold it hap to die,
We'll bury it in a Christmas pie,
And evermore be merry."

The little poem must have been written before 1644, because in that year, Christmas celebrations of every kind were forbidden by a stern parliament. For the Puritans were in power; and in their over-zeal, they looked upon the toothsome plum pudding and mince pie as downright heathenish; and on the same grounds, they passed rigorous laws prohibiting Christmas games and merriment.

Among those who loved the Christmas celebrations, there were many that hotly resented these high-handed measures; and at Canterbury, as well as at some other places, there was actual bloodshed on the anniversary of the Advent of Peace on Earth.

Merrie England had been the soil in which the joyous celebration of Christmas had taken its firmest root. And our hospitably inclined English ancestors took it as a matter of absolute right, that they should continue to observe the Day, by overfeeding themselves and every one else within reach; the rich, in all cases, taking upon themselves the feeding and amusement of their poor

retainers and dependents, rank and file.

Moreover, Christmas was not, as with us, a single feast day. But the celebration began with December 16, and did not end until January 6, which was called the Twelfth Night, because the legends say that after the Wise Men had seen His Star in the East, they traveled twelve days, or rather twelve nights, until they finally came to the Stable, and unloaded their camels, in order to give the wondrous Babe the symbolic gifts; — gold, for a king, frankincense for a high priest, and myrrh for the great physician. Because the newly-born was destined to be all three of these to suffering humanity.

In those early centuries where the houses were great comfortless barns, according to our notions, our forebears took solid enjoyment in the mere act of eating. It was before the delicatessen store was evolved, or the art of tin-can house-keeping.

So that on Christmas, especially, the cook was a person of supreme importance. And there was a wide-spread superstition to the effect that if the fire burned brightly on Christmas morning, it betokened prosperity. But if it smoldered, adversity was predicted for that family.

The real old-fashioned English Christmas was a monumental feast of good cheer, — with its stuffed peacock, its roast boar's head, and so forth, and so on, until the end of the Twelfth Night.

There were old-time delicacies, the very names of which are puzzling to our modern ears. Such things as sillabub, cart-wheel with clotted cream, and there was gooseberry fool.

Full and plenty to eat and drink was prepared for everybody, including beggars and strangers. The house was open to all, and each received a cordial welcome.

Vegetables were not indulged in, to any extent, by our ancestors; and the simple life diet, as understood by us, did not appeal to them in the least, according to the descriptions of their culinary masterpiece.

The Boar's Head

When, in those medieval times, the knights and barons kept open house at Christmas, for a whole fortnight, and revelry reigned supreme, the grand feast of all, — which was given by the feudal chieftain to his friends and retainers, — took place with great pomp and magnificence.

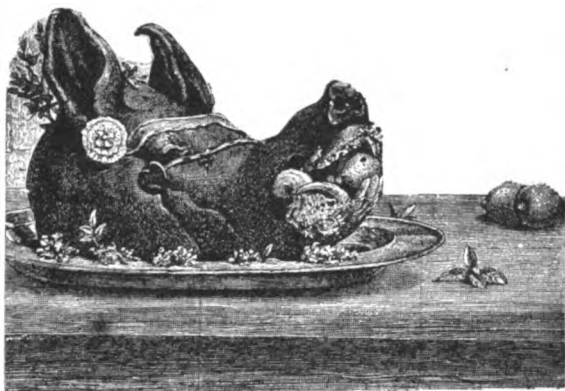
First and foremost on the board was the boar's head. And in those good old days, it was borne into the banqueting hall upon the shoulders of the very tallest of the men servants: while its entrance was heralded by a great blare of joyful trumpets, as a greeting to the royal dish.

For it must be the head of a wild boar, and not that of the lowly domestic hog; and it must be served by no one less than the master of the house himself.

Carried on a gold or silver platter, at the head of a procession of nobles, knights, and ladies, this foremost dish of the feast made the round of the hall, to the accompaniment of merry minstrelsy.

It had already been garnished with slices of spiced beef; and when it was finally given its proper place, rosemary and bay were spread around it, a pippin was placed on its tusk and a mammoth pot of mustard set close at hand.

At the time of the Commonwealth, this feast of the boar's head was forbidden by an act of Parliament. And although it was officially freed of the ban, after the restoration of the monarchy, in the person of Charles II, it



FOR THE CHRISTMAS FEAST

never quite recovered its former place as a part of the Christmas feast.

Yet it is said, that in some of the famous English educational institutions, the boar's head is still to be seen at the Christmas dinner.

The good Queen Victoria, who dearly loved the old-time observances, retained this custom in her own palace, to the last.

The feast of the boar's head is, in fact, a relic of the old Druidical times; for at the festival of Frey, the goddess of peace and plenty, the Druid priests always killed a wild boar; and as this period comes at the same time as the Yuletide, the other ancient ceremonial was continued as well.

While its flesh was never so much esteemed, next in importance to the boar's head, came

The Peacock

This magnificent bird is a native of India; and is said to have been brought to Palestine by the fleets of King Solomon.

Always an object of show, or veneration, this bird sometimes appeared at the baronial feasts dressed in all its fine feathers, and with its beak gilded.

It had been carefully skinned, of course, before being roasted; then, after the cooking process, the skin was neatly drawn over the body, again, and the head and tail were raised to a life-like position, by means of slender willow twigs.

They tell us it was a most gorgeous sight to look upon; and as the peacock was considered too noble a bird to be left to the hands of a servant to carve, that privilege fell to the Queen of Beauty, or to the lady who was the guest of honor.

She must have found it anything but an easy task to avoid sending a portion of the meat without a garnish of the feathers, also.

Occasionally, the peacock appeared in a resplendent pie; with its head standing forth from the crust at one side of the vast pastry, while its splendid tail was proudly erect, at the other edge.

Every English family of any social standing seems to have possessed an individual, inherited recipe for the famous English Plum Pudding. This dainty was always in evidence at such feasts, so gay with its sprigs of holly, and served in a dish of blazing brandy. This is an article of faith, at Christmas-time; and yet I have met with stubborn disbelievers

who "threaped" that the blazing brandy lent neither charm, nor added flavor.

The Cart-wheel was an enormous round loaf of bread, with several kinds of jams forming the spokes, and all decorated with clotted cream, besides.

Gooseberry Fool was another celebrated dish of the Middle Ages. It was made of whipped cream and preserved gooseberries.

Sillabub was somewhat similar to gooseberry fool, except that it was made with cream and wine.

Edward Everett Hale, himself a dear lover of the Holiday Time, is firmly convinced that for all of us people who speak the good English language, ninety-nine hundredths of our history and of our literature go back to those old days of the yule log, when the spirit of hospitality ever prompted to

"Heap on more wood, the wind is chill;
But let it whistle as it will,
We'll keep our Merry Christmas still."

Guests and Gumption

By Alice Margaret Ashton

"**W**HEN we bought this place we thought it was worth any sacrifice," said Betty Jackson.

"Well, so it is — owning one's home," agreed Aunt Martha emphatically.

"And then, once we possessed the deed, we saw so many things that ought to be done to it," Betty admitted further.

"Course, it is always that way," agreed her elderly neighbor understandingly. "We want our own place should look like our own, not like some neglected, rented, for-sale ruin."

"It does look sweet, doesn't it?" questioned Betty, a bit wistfully.

"I never see folks do just the right thing every time like you and Jimmie have done — fixin' over," Aunt Martha praised warmly.

"And we love it, every bit — except

the mortgage! But that mortgage is dreadful, Aunt Martha! It will take years and years to pay and it's like a great greedy sponge that sops up every cent of our gift money and our fun money and every little saving we contrive to make."

"Oh, well," comforted Aunt Martha, "that's the way, child. Everything worth having in this world we have to pay for one way or 'nother — love and children and friends and — homes!"

"I know that. And I'm willing. But it doesn't seem right we should have to give up *everything* — not dare invite a few friends in to dinner, even."

"Course you don't mean that," smiled Aunt Martha comfortably.

"But I do. I do, indeed. It costs frightfully to entertain. And we have a predestined place for just practically

every cent of Jim's salary. And I'm ashamed to accept another invitation without some reciprocation. And we *can't* stay home until that wretched mortgage is done for!"

"My land, I believe you do mean it," exclaimed the good lady, amazedly. "But you can have company to dinner as often as you need to, child. Any woman with all the nice things laid by in her cellar and pantry and storeroom that you've got can afford company if she's got any gumption."

"Gumption?" Betty's voice sounded a bit edgy. "You needn't think I intended having a dinner sent in from the caterer's or employing a trained waitress or even ordering by telephone!

"I've been round and got prices myself a dozen times and things are frightfully high — things I'd want for a nice 'company' dinner."

"But you wouldn't need to buy anything except it was a little sugar or coffee, if you happened to be a little low. You could get up a dinner fit for a king — especially so for city friends, if they happen to be most used to restaurant and cafeteria and grocery-store supplies."

"I'd have to have meat," observed Betty with a patience she considered little short of miraculous. Aunt Martha was a dear, but she did not always understand young ways and city ways. "And meat costs —"

"Where'd you find anything nicer for company dinner than those young roosters you've raised so carefully? There's a dozen ways you can serve them. But lots of times folks — especially men folks — like 'em best in just the plain, old-fashioned ways. Fried with hot biscuits and plenty of rich gravy. Stewed with dumplings. Roasted with lots of stuffing. And you don't often see folks refuse a piece of good, home-made chicken-pie, according to my sixty-odd years of experience!

"Then, when your dressed pig arrives, plan for some of your entertaining. Baked spare-rib is a rare treat to lots of

town folks. And it is fun to cut out chops and roasts and think what they'd cost at the market."

"My goodness," Betty admitted, "I never thought of those things. I thought I had to *buy* something — special —"

"Don't overlook potatoes," cautioned her adviser. "A body can almost build a good meal round a tempting dish of potatoes. Try first how to cook them perfectly in plain ways — baked and boiled and mashed — then experiment on some of those interesting recipes I see in your cooking magazines. Lots of my town company *beg* for my creamed potatoes 'cause it's the real thing — not made from the milk in the last half of the bottle.

"No chef can make more tempting salads than you can learn to make. And they needn't *look* common or ordinary, either! If you paid five cents apiece at the fruit store for red apples to make your salad cases, you'd think them real fine — but when you have 'em down cellar in a barrel —"

"I'd forget I had them. Or think they were common," finished Betty guiltily. "I see what you mean by having gumption, Aunt Martha. And truly I haven't had it."

"Well, now, I didn't mean you, specially. But it does take planning and it does take work to get up a nice company dinner or luncheon at home. But it doesn't cost nothing like ordering things — ready cooked — and it is more satisfying, I think, to the guests as well as to the cook.

"Dessert needn't trouble you, either. The way you make pumpkin pies with top of the milk — and dressed up a little special with whipped cream and some of your currant jell! And when your beef comes you will be making a jar of mince-meat. And there are so many light desserts, 'glorified' with whipped cream, which you can have a-plenty.

"And don't overlook the cottage cheese that no one can beat you making. That will make a hit, I'll guarantee. Pa and

I bought some one day when we was taking lunch in town. Well, our tasting apparatus was some surprised!" And Aunt Martha's amused laugh and Betty's delighted giggle blended happily.

"You've given me ideas enough for all winter," Betty admitted gratefully.

"We expect a big jug of fresh cider next week. Why couldn't I have a little evening party of some old friends, and serve cider —"

"And doughnuts and pumpkin pie," added her friend. "And maybe popcorn.

Right before the fireplace, informal-like. I'll come over and help you fry the doughnuts. It'll take an amazing lot of them, you will find."

"And not cost enough to count," figured Betty contentedly.

"No need at all," reiterated her self-appointed guide in the mysteries of real home-making, "no need at all in ruining your housekeeping budget entertaining your friends a reasonable amount."

"If you've got gumption," added Betty, purposefully.

When Tasks Stale

By Salena Sheets Martin

IT was a busy morning at the Brown's apartment, for the men of the house were there — the decorators, euphoniously so called in some cases. At this particular hour the apartment looked more like it had been turned over to a wrecking crew. Bureaus, chiffoniers, chairs, tables and the household lares and penates stood about in unusual places and fantastic positions as the "decorators" mixed and messed in riotous possession, with the bathroom as the base of operations and supplies.

Mrs. Brown was trying to hold the kitchen and maintain a semblance of order there, at least.

Opening the rear door, in answer to a ring of the bell, she found her near neighbor and fellow-tenant, Mrs. Carson, who entered hurriedly.

"May I borrow your morning paper for a few minutes? Mine has blown away," was her greeting.

"Surely you may, I haven't time in this confusion to read it, anyway," replied Mrs. Brown.

"Aren't you tired of it all — I mean the whole problem of housekeeping?" queried Mrs. Carson, as she lingered, paper in hand.

"It does look rather discouraging just

now," admitted Mrs. Brown, glancing about the seemingly disorderly room. "But think how fine it will be when it's all done — so fresh and clean for spring."

"I am sick of it all, utterly," continued Mrs. Carson. "It means dish-washing, floor-cleaning, dusting, looking after Baby's needs, or something of the sort, every waking minute, and I am always wanting to do other, bigger things. Something that takes one out in the world and gives one contact with others who are doing worthwhile things."

"But, Mrs. Carson, one of these very same experienced world-workers has said, 'We never shall get the thing we long for by running away from, or neglecting, the duty at hand,' " earnestly expostulated Mrs. Brown.

"Yes, I know, but I feel qualified to do other and higher work than washing dishes and getting meals day after day, year in and year out." (Mrs. Carson had been married and keeping house only a little more than three years.)

"But what work would you consider higher than the care and rearing of your little James?" pleaded Mrs. Brown.

When point blank with the question, Mrs. Carson admitted she had not really thought what she would, or could do, in

the event of being free to choose her work, but she was decided it would be far, far removed from housekeeping cares. She had thought a little of taking up the study of medicine.

It was the next afternoon that Mrs. Brown had a call from her girlhood friend, Miss, or rather Dr., Gilmore, who had run in for a "consolation" chat as she was wont to call their visits. Today she seemed to be in especial need of cheer, for she, too, was dissatisfied with her life, as it now faced her.

"I am tired to death of an office and the sight of patients," she burst out. "They wouldn't need to be patients, if they used common sense about their way of living — most of them, anyway. They stuff themselves with all sorts of wrong things and then expect me to get them well and keep them so, that they may go on and repeat the same experiences," and Dr. Gilmore metaphorically washed her hands of the lot of her annoying patients.

"Suppose everybody was wise enough to live so that you doctors would not be needed, what would you all do for a living?" queried Mrs. Brown.

"This minute I'd gladly change places with a housemaid and wash dishes, cook and sweep for a living, if I could be sure of a good home. I tell you, I'm tired of sick people and their whims. I'd even

go to farming, if I could be sure of getting a man, woman or child to live with me."

"My dear Doctor, did you ever think that it's about all that people who are married, who have solemnly promised to 'love, honor and cherish' each other through life, can do, to weather the storms and stick, to say nothing of some one you might hire to live with you?" appealed Mrs. Brown.

"I know," replied Dr. Gilmore, "but I've got to make a change, and I don't care much what it is."

"I have an idea!" ejaculated Mrs. Brown, suddenly, as a new light spread over her face. "I want you to step down with me to the next apartment and meet my neighbor, Mrs. Carson."

Swept suddenly off her feet, metaphorically, thus, Dr. Gilmore wonderingly followed. On being admitted, Mrs. Brown wasted no words as she introduced the two women, but tersely explained, "Each of you seems to have what the other wants. I am going to leave you to talk it over together."

Did they find some mutually satisfactory arrangement?

I only know the Doctor was in her office next day with a helpful, encouraging smile for each patient, and Mrs. Carson sang as she went about her housework, and baby James cooed happily.

The Spies

Stockings still empty and corners all dark;
 Surely he hasn't forgotten the night!
 What was that sound? Was it reindeer bells?
 Hark!
 S'pose in the chimney he should have stuck
 tight!
 If he should catch us here what would he say?
 Would we dare speak to him, or run away?

Mother says Santa's the Spirit of Love;
 Father says he has a pack full of toys,
 But, that he carries them — Jimmie, *don't*
 shove! —

Only for those who are *good* girls and boys.
 Will he remember my doll and your sled?
 P'raps he's behind us! Let's run back to bed.

Frances E. Gale.

Ladies and "Liverouts"

By Martha Mack

LAST winter there was an extra and an urgent need of money in my family. The "rainy day" had come and our small provision for it was, and still is, tied up in a Boston bank that has been closed.

At home, as general manager, cook, nurse and seamstress, I could not very well be spared. But old mother Necessity sent me out in search of part-time employment.

Work was dull, and I had neither trade nor profession. I had never worked outside my own home, and I was no longer young. But I was determined to find something, and to take anything, provided that it was decent. The efficient woman in the employment office advised me to "do second work on the eight hour day basis, twelve till eight, forty cents an hour."

She sent me to a Beacon Hill address where a lady who "lived all alone with four in help" wanted a new second-maid.

While I waited in the mellow light and grateful warmth of the lady's hall, I planned just how that \$19.20 for my first week would be spent, and I rejoiced at the arrangement of the hours — from twelve till eight — that gave me a chance to do work at home in the morning. The fear of having to borrow or go into debt had been lifted from me, but another fear had fallen upon me:

"What will your friends say when they hear that you are 'working out' — a servant in another woman's house? Is that fair to your daughter — she is almost sixteen? How can you keep this from your well-to-do relatives?"

To these questions, which Fear and Pride had thrust upon me, I made haste to answer:

"There is nothing disgraceful about 'working out.' It is all in the way that

one looks at it. Looked at in the right way, housework is just as honorable an occupation as — as almost anything. It is better paid than typewriting or shop work. It is just one way of buying money — an honest exchange — service for money. It —"

I heard the lady's step upon the stairs and I arose. She was preceded by a little white, fat and fluffy dog that I wanted to swoop down upon and cuddle.

"You have come from the X — employment office?" the lady began, as she motioned me to a seat and, switching on a strong light, faced me across a small table.

She was a soft-voiced lady, and she smiled an encouraging smile as she delved into my history — age, religion, nationality, present and previous condition. Was my health good? Was I cheerful? Was I willing? Nothing was neglected. At last it was over and the lady seemed satisfied with her findings, but I had no reference.

Might she talk with my pastor over the telephone? She might.

When she returned it was to tell me that I could come to work the next day at twelve — "wear plain black," she admonished, "I'll supply aprons and caps, later I shall get you the regular uniforms, and — and, of course, you don't mind being called 'Martha.'"

"No — no, indeed!" I lied cheerfully.

"Well, you have more sense than some of them have," her soft voice had become snappy. "I had to let a perfectly good new cook go last week because she insisted upon my calling her *Mrs.* Something."

"She was too — too sensitive," I ventured, as I moved toward the door.

"Altogether!" the lady agreed. "The large pay and the short hours that prevailed during war time have completely

robbed these 'liverouts' of their usefulness."

Out in the street I told myself: "That is nothing! She is just sore — servant problem — no doubt. Nothing for you to be so frustrated over. If you had as many diamonds and things as she has, you would be just as careful about the kind of woman that worked for you. Remember that you are out to buy money, and that that \$19.20 represents the price of a ton of coal — you have just got to get it!"

All the way across the Common and down into the subway I and Myself quarreled, and above the roar of the elevated the word "liverout, liverout, liverout," beat through my tired head, but upon reaching home we had settled the quarrel, Myself and I, and Myself had won. I called the lady up and told her that I had decided not to take the place.

The next morning found me again in the employment office.

"Just as well you didn't take it," the efficient woman at the desk told me, "no one I send to her ever stays long."

Her shrewd eyes flashed over me. "Can you do plain sewing and mending?" I could.

"This lady wants some one to come in by the hour."

She handed me a card with a Back Bay address, and once more I set out to buy some money.

It was about ten o'clock when I rang the bell and informed the maid who answered it that "I have come to sew for Mrs. D —. She wanted some one to do plain sewing."

"Show her up to the sewing-room, Lizzie, I'll be up immediately," a lady's

cheerful voice broke in from somewhere. I followed Lizzie up three flights, through clean, sweet-smelling halls to a large, well-equipped sewing-room.

"She's eating breakfast," Lizzie volunteered, "an' she'll be up soon."

In a few minutes Mrs. D — came in with a cheerful "Good morning — I have heaps and heaps of sewing for you."

She went over the work with me: Sheets and pillow cases to be made, cross curtains, linen covers for chairs, stockings to be darned and no end of mending.

"Jennie, my personal maid, used to do all this," she explained, "but now I refuse to let her, she is getting old — she has been with me forty-two years."

From early in January till Mrs. D — closed her city home in May, I sewed for her every day from ten till five. She had a delightful way of making those who worked for her feel that she regarded them as real human beings, and not as mere things to serve her. I know that she was respected, and I think she was loved, by every one under her roof. And I, for one, have come to the conclusion that the "servant problem" is a "mistress problem."

The woman who works in another woman's house, even the most ignorant scrub woman, instinctively fights against the woman who sees in her nothing more than a cog in the wheel of the domestic machinery. And the women who employ women sometimes forget that human beings are social beings, requiring work under conditions that inspire them to give their best, and they sometimes forget that the work-worn body of their "liver-out" harbors a soul.

Getting the Household Ahead

By Emmett Campbell Hall

IT is no reflection upon a household, if it occasionally requires credit to bridge a period of shortage of cash, if

this shortage is due to unusual and unforeseen demands for money, but it is to the discredit of a household which is

maintained by a fixed income, as from a salary, to habitually run behind, and the number that do, without actually realizing it, is astonishing. From an economic standpoint this state of affairs is even worse for the family that depends upon an uncertain and fluctuating income. Just how far behind the family is running depends almost invariably upon the length of the intervals between "pay days"; if the income-earner is paid once a week, the family outlay is just a week ahead of receipts, or it is a month behind, if supported by a monthly salary. This state of affairs, which practically precludes any hope of ever attaining independence, much less prosperity, is almost invariably not the result of necessity, but is merely a bad habit, and one that may be broken with surprising ease. The resulting benefits, both in financial affairs and peace of mind, are enormous as compared to the effort necessary to attain them.

The average family does most of its running behind on the grocery bill, purchasing supplies where credit is most freely extended, and settling up promptly when the pay envelope is received, at the end of each week or each month, the money being spent not actually before it is earned, but before it is received, and, at best, this is a hand-to-mouth existence.

Buying thus, the top price is paid for everything, not necessarily because the merchant is trying to make an unreasonable profit, but because, as a rule, he also must run behind on his accounts with the wholesale houses, if his customers run behind on their individual accounts, and he cannot, therefore, avail himself of the discounts and special opportunities which are granted the retailer who pays spot cash. Moreover, there is an incidental overhead charge for bookkeeping, and a certain amount of loss due to uncollected accounts, which the credit-giving grocer must distribute among his customers. Also, there is to be considered the practically universal tendency to buy a little more freely when one has merely to say

— at the time — "Charge it," than when the cash is paid down.

In reply to these remarks, thousands would answer: "Yes, that is all very true, but we are in a hole and can't climb out. Our regular expenses just about equal our income, and it takes all our available cash to settle up at the end of each week or month. How can we get money enough on hand to get on a cash, pay-as-you-go basis? We would like to save some money, but how can we?"

As in the case of most of those old "sayings," that we use without ever really thinking about, there is absolute truth in the assertion, that "where there is a will there is a way," and in this case the way is neither difficult nor painful. A little thought — a tiny bit of self-denial for a brief time, and it is accomplished.

In every city, and in most towns and even villages, there are stores which sell for less than others, either the "chain stores," "self-service" establishments, or "cash and carry" institutions, their prices running from ten to even twenty per cent below the average of the credit-giving and delivery-making grocers. For the sake of illustration, we will assume the minimum difference of ten per cent.

Suppose the weekly grocery account averages ten dollars. Obviously, if one must buy on credit, the only way to save anything is to prune this expense, and a trial will show that it is surprisingly easy to do so. With no more thought of saving than ordinary, write out the grocery order as usual, and add the items, which, we'll say, amount to \$1.60. Next, go over the list thoughtfully, considering how it may be cut ten per cent — how 16 cents may be lopped off. Is there not some not really necessary item, actually a luxury or "extra," that could be dispensed with without much self-denial? Some ginger-ale, or fancy cakes, perhaps? Or, maybe, it would not be necessary to cut out the item entirely — perhaps to reduce the quantity would serve to save that little 16 cents. To specify, a less

expensive, though really just as good and nutritious cut of meat would undoubtedly do it. No effort should be made to reduce the order more than ten per cent, but one should firmly do that much, *every* day. Say just once, "There doesn't seem any way to reduce the order today, but I will make up for it tomorrow," and the scheme may as well be abandoned at once, for the person who allows himself to slip like that will never succeed in anything. On the other hand, excessive enthusiasm and a too vigorous pruning of the order will result in a scanty fare, general dissatisfaction, and probable eventual abandonment of the plan. If it is perfectly and entirely easy to save more than the stipulated ten per cent of the order, it is well to do it, of course, but if twenty per cent is saved one day, this must not be taken as an excuse for saving nothing the next.

At the end of the week it will be found that the grocery bill is ten per cent — say \$1 — less than usual. This amount is available in cash, beyond all argument, as it would have been forthcoming to apply on the grocery bill had that bill been the usual amount. Despite all temptations to spend this money for any purpose whatsoever, it must be deposited in a savings bank, preferably a regular banking house, but, if not, then in a little home bank or box which will be regarded as inviolate. This money must be treated as though it did not exist; this can be done, for, had it been spent on the grocery bill, it would not exist, so far as this particular household is concerned.

This program, which would be found to be of increasing interest, must be kept up for ten weeks. At the end of this time,

there will be in the bank ten deposits of ten per cent of an average weekly grocery bill, or a total of \$10, continuing the assumption of a forty-dollar-a-month expenditure. With this sum one embarks on the cash-payment method of buying, patronizing those stores where the lower rates are to be found. The thing is accomplished — the household is running a week ahead, instead of a week behind.

Buying at the lower-cost stores, it will be found that, even though as much of everything is purchased as was used before the saving campaign was started, there is a dollar left over at the end of each week. Obviously there *must* be, unless the purchases exceed in quantity what was being bought on the old charge-it plan. Probably the habit of pruning the order list will have become established, and the cash balance will exceed \$1, but even if not, that will be something worth while, attained without any self-denial whatsoever. This balance should be religiously deposited in the bank each week, and at the end of one year from the time the original get-ahead plan was instituted, there will be a balance in the bank of \$42 plus interest. Here is an acorn which properly cultivated will grow to a goodly oak.

The same plan may be adopted with regard to all other family expenditures which are of a recurrent nature, though the grocery bill affords the best field for operation. To attain success, however, it must be a fixed and absolute rule that the identical and specific sum saved, in theory, be saved, in actuality — that is, not saved on the grocery account and spent on clothing, for instance.

Revelation

The heart yearns ever for guidance
To conquer its daily load,
And welcomes the Yuletide season
When passing along life's road.

The story of Bethlehem's Saviour
Brings hope to the tired soul,
And faith, with its consecration
To right, keeps aglow life's goal.

This season of all the seasons
Reveals to the soul of man
All that which is good and kindly
In God's own eternal plan.

Caroline L. Sumner.

The Poetry of Foods

By Emma Gary Wallace

UPON food every living creature depends. The proper food, its assimilation, its metabolism, and its nourishment, bulk large in the scheme of things. Food, in the last analysis, is the foundation of all.

There are those who pride themselves that they care so little for food, they merely eat to live; while others, of epicurean temperament, look upon the pleasures of choice foods as one of the joys of life.

Poets have extolled the effects of food upon the senses mainly by comparison. And the poetry of food is not inconsiderable. We would not expect that the most exquisite and spiritual forms of rhythm would be composed by a grossly, gluttonous individual; nor yet that the most exalted poetical art would be created by the brain of some one suffering for the actual need of daily bread.

The proper use of food calls for discrimination and moderation. Strength of body, or character, or imagination is not gained by giving full rein to the appetite; nor yet by a condition bordering on malnutrition. It is rather the outcome of self-control governed by intelligent understanding.

Nature intended that we humans should enjoy food, or such an endless variety of fruits, vegetables, meats, fish, nuts, and other delicacies would not have been designed for our use. It was the Creator's purpose that we should combine and prepare foods and season and flavor them to our liking, or He would not have furnished us with fire and a vast fund of resourceful ingenuity.

Again and again, during the childhood of the race, people were directed to take food materials, and to roast them, or to make them sodden with water, and fine herbs — presumably preparing a stew, or

as it was known in those times, a dish of savory meat.

There are those who would have us believe that we should eat only of such materials as are ready for our use without cooking, but this is not a consistent contention. We might as well argue that we have no right to build houses, but should live under the shelter of rocks and trees; nor that we have cause to weave clothing, and to manufacture it into different garments, for we should dress in leather or fig leaves.

We might go on and multiply these examples, for fire itself for warmth, and light, and power would come under the ban, and civilization would soon revert to aboriginal conditions.

Since early times, poets have not only sung the praises of food, but have compared lovely woman to satisfying viands. Wordsworth describes woman as:

"A creature not too bright or good
For human nature's daily food;
For transient sorrows, simple wiles,
Praise, blame, love, kisses, tears, and smiles."

Shakespeare uses food as a means of making clear his imagery when he says:

"Chewing the food of sweet and bitter fancy."

Milton declares that:

"Smiles from reason flow,
To brute deny'd, and are of love the food."

And Crabbe recognizes the possibilities of satiety in these words:

"Books cannot always please, however good;
Minds are not ever craving for their food."

Both Matthew Henry and Dean Swift agreed, "*Bread to be the staff of life.*" And Swift extolled the services of the agriculturist in these words, "Whoever could make two ears of corn, or two blades of grass, to grow upon a spot of ground where only one grew before,

would deserve better of mankind, and do more essential service to his country, than the whole race of politicians put together."

Jonathan Swift was born in 1667 and died in 1745, and yet the thoughts which he advanced concerning foods are often quoted today. He became a little caustic in his comparisons, and not without reason, when he said:

"'Tis an old maxim in the schools,
That flattery's the food of fools;
Yet now and then your men of wit
Will condescend to take a bit."

Sir Philip Sidney, who lived in the sixteenth century, defended poetry in these words:

"Sweet food of sweetly uttered knowledge."

The following oft-quoted remark is attributed to Beaumont and Fletcher:

"What's one man's poison, signor,
Is another's meat or drink."

From Lucretius comes the still earlier saying:

"What is food to one man may be fierce poison to others."

Wordsworth expresses intense loneliness and longing when he pictures his lament in this graphic way:

"And homeless near a thousand homes I stood,
And near a thousand tables pined and wanted food."

Charles Dickens speaks of refinement in expression and manner in these words:

"Papa, potatoes, poultry, prunes and prism, all very good words for the lips — especially prunes and prism."

And he hints at the philosophy that, we are what our food makes us when he sings of the ivy in his never-to-be-forgotten manner:

"Oh, a dainty plant is the ivy green,
That creepeth o'er ruins old!
Of right choice food are his meals, I ween,
In his cell so lone and cold.
Creeping where no life is seen,
A rare old plant is the ivy green."

Cervantes who departed this life in

1616, magnified the blessings of sleep by comparing it, first, to Nature's food, and, second, to valuable coins of the realm.

"Now, blessings light on him that first invented this same sleep! It covers a man all over, thoughts and all, like a cloak; it is meat for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. It is the current coin that purchases all the pleasures of the world cheap, and the balance that sets the king and the shepherd, the fool and the wise man, even."

As we ponder on his meaning, we are bound to understand what the skillful physician means when he speaks thus of a weary, pain-racked, or discouraged patient: "Sleep will do him more good than medicine." And the reason that sleep is so beneficial is that it is really Nature's way of filling up the nerve cells with the vital forces, and restoring lost energy and courage, silently but surely.

The cook is not forgotten. We are assured by Burton in the sixteenth century, that:

"Cookery is become an art, a noble science; cooks are gentlemen."

About the same time, Tusser wrote:

"God sendeth and giveth both mouth and the meat."

Taylor has it:

"God sends meat, and the Devil sends cooks."

To read between the lines, one is compelled to believe that Taylor had suffered at the hands of those of poor skill in cooking, and had possibly developed a grouch along with indigestion.

A century or so later, David Garrick penned these lines:

"Are these the choice dishes the Doctor has sent us?
Is this the great poet whose works so content us?
This Goldsmith's fine feast, who has written fine books?
Heaven sends us good meat, but the Devil sends cooks."

Sometimes we dream of food. We may see rare and wonderful viands which tempt us to sample them, but it is rather unusual to dream of actually partaking of food. If we are to believe those who would interpret dreams for us scienti-

fically, this is of no special significance, as dreams are said to be made up of fragments of stored memories recalled by some physical or mental stimuli.

But the superstitious would tell us, that to dream of eating is an indication of want and a warning to practice extreme frugality; while others have it that to dream of eating is a sign of impending illness. There seems to be some sense in the latter, if we have previously eaten to the point of disturbing digestion.

The poetry of food is more particularly connected with our waking moments, and with those experiences in our lives where the senses are pleased by choice combinations and artistic appeal. We may long remember either a simple meal or an elaborate banquet at which delicious foods are served, and eaten in congenial company. The memory gives us the

same kind of pleasure as to recall a satisfying song, or a poem which expressed our own ideas better than we could voice them ourselves.

We may feel at times that we would rather have "A narcissus for our soul than a loaf of bread," but, after all, food is tremendously important in the scheme of things, and Owen Meredith voiced a very practical sentiment when he wrote:

"We may live without poetry, music and art,
We may live without conscience, and live
without heart;
We may live without friends; we may live
without books;
But civilized man cannot live without cooks.

He may live without books — what is knowl-
edge but grieving?
He may live without hope, — what is hope but
deceiving?
He may live without love, — what is passion
but pining?
But where is the man that can live without
dining?"

The Importance of Cleanliness

By Jeanne K. Loomis

ONE scrubs the potatoes and picks over the berries, and then one holds the lettuce under the faucet for a space; and how often is this as far as many ordinarily careful cooks go along the path of perfect food wholesomeness!

At the risk of being termed finicky, I would impress the advisability, — more, the importance, — of washing *with attention*, many foodstuffs in addition to the ones we have always been taught to clean before preparing. In some of the most sanitary kitchens I have found that dried fruits and rice, for example, receive very little of the careful cleansing quite indispensable for the tasteful serving of either. On my errands among sundry victuallers, I have shuddered away from the repellant "laying on of hands," by grimy and heedless grocer boys. I could write columns on the unclean methods of handling edibles by indifferent and hard-worked clerks, and on the repugnant idea

of bringing these contaminated foods home to our tables. Oh, yes, it is very surely up to the purchaser to look well after the cleanliness and desirability of the eatables she offers her family.

As for the extra time such duty may demand, nearly all cooks in these times have access to sinks with running cold water, and hot water is usually at hand. With the water, an extra pan or two, and a little speed, we can add immeasurably to the savour of our repasts. Sufficient attention should be given as a matter of course to the following materials:

Prunes should be well washed between the hands in cold water and afterwards in hot water. Notice the grime that runs away. Then cover with clear cold water and soak over night. The fruit may then be put to cook in the water in which it has stood, with the certainty that it will look and taste clean and will be a much more dainty dish than we have come to regard

it. We are accustomed to speak of prunes slightly, and the boarding-house prune is the symbol of very poor feeding, indeed. This idea arose, I believe, from serving the fruit cooked with its original sand and dirt clinging to it.

All dried fruits and black figs should be washed in the above manner.

Lemons should be scrubbed under the faucet before being used in any way.

Nut-meats, purchased shelled, should be doused with hot water. Observe how much cleaner and brighter they look, and how very much better they taste!

After rice has been carefully looked over, it should be washed between the hands in at least six waters, and finally allowed to soak an hour in a seventh clear water, before being put on to cook in boiling water. It is unbelievable how many good cooks object to these separate washings for rice. The reason for the much washing is a good one and connected with the preparation of rice for commerce.

We may all remember to wipe the roast with a damp cloth, but how many of us omit holding the steak under the faucet, turning it over to allow the water to reach all surfaces? One of the best cooks I know, and a former domestic science instructor, held up her hands in horror when the suggestion was made that she wash the steak she was preparing for the broiler. Her manner indicated that some exceedingly valuable element would escape, if the meat were subjected to such a cleansing process. The only elements that would escape would be the quite superfluous ones that might possibly cling to a butcher's hands and transfer themselves to the meat he handles, — and the tiny splinters of bone which the use of the cleaver leaves imbedded here and there.

When making fruit cake, the seeded raisins should be covered once or twice with hot water, — followed with cold. Examine the raisins before and after this proceeding, and be convinced. Soften the citron with hot water before slicing, and incidentally purify it.

There is no flavor that will escape from foods so treated, if the work is done rapidly and deftly; and the resulting delicacy of taste repays the extra attention. Another thing I would emphasize: Apples brought up from the cellar should be washed and wiped. They acquire an imperceptible mould which should be removed. Grapes should be placed in a colander and held under the faucet, turning on the water with just enough force to remove the touch of the handlers and the spider-webs and sand that settle during shipment, but with not enough energy to jar the grapes from their stems.

Referring back to the subject of berries, my method of washing strawberries, used in a demonstration during the summer, appeared to disturb many of the women, and on inquiry I found they had the firm idea that the procedure must of its nature destroy the delicate flavor of the fruit. This is not really so, and I ask my readers to try it. Of course, the following precaution is unnecessary, if you have gathered your own berries. If from the store, look them over, hulling as you go, and deposit in a colander. Dash hot water, — hot, observe, — over them, tossing them carefully so as to get the water over all. Twice do this, and finish with a copious douche of cold water. Carefully drain them, turn into a cold, dry dish and set in the icebox. Just try this. No one knows how many or whose hands have touched the delicious things, — besides stray flying things and unsanitary dust. Surely, surely, we can very well spare the flavor those things are quite sure to add! Only remember to work with a swift and a *very* light touch.

One more item: eggs. Do not put eggs in your refrigerator until the marks of the poultry yard have been gently, but firmly, washed off. Of course, every one knows that when putting eggs in water glass for the winter, they should *not* be washed, but only those used that have come immaculate from the nest.

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF
Culinary Science and Domestic Economics

SUBSCRIPTION \$1.50 PER YEAR, SINGLE COPIES 15c
POSTAGE TO FOREIGN COUNTRIES, 40c PER YEAR

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

Statement of the Ownership, Management, etc., required by the Act of Congress of Aug. 24, 1912, of the

AMERICAN COOKERY, published monthly except July and September, at Boston, Mass., for October 1, 1921.

Publishers

BOSTON COOKING-SCHOOL MAGAZINE CO.
221 Columbus Ave., Boston, Mass.

Editor: JANET M. HILL

Business Managers

BENJ. M. HILL and ROBERT B. HILL

Owners

BENJ. M. HILL, JANET M. HILL, ROBT. B. HILL
Known bond or other security holders. None

Sworn to and subscribed before me this 3rd day of October, 1921.

(Seal) RALPH I. BENTON,
Notary Public.

Thy Vision

No vision and you perish,
No ideal and you're lost;
Your heart must ever cherish
Some faith at any cost;

Some hope, some dream to cling to,
Some rainbow in the sky,
Some melody to sing to,
Some service that is high.

Then hold in mind thy treasure,
See that it bears the stamp
And seal of God's good pleasure,
To be to thee a lamp.

Harriet H. d'Autremont.

CHRISTMAS GREETING

THIS current number of AMERICAN COOKERY embraces the holiday season. Our readers need no reminder of this, but we simply desire to offer the compliments of the season, and to express our best wishes to each and all of our readers and patrons.

We now have a goodly family of subscribers and readers of AMERICAN COOKERY; no fewer than *forty* thousand will receive the present issue. That this number be made *fifty* thousand by the first of January would be pleasant, indeed.

We hope AMERICAN COOKERY is providing gratification to some, and real helpfulness to all who earnestly peruse it. It seems to us that the time never was when so much concern was manifested in wise, prudent, healthy, wholesome living as at present. Verily, today, ignorance is sinful. The way of the transgressor has always been hard. In these latter days, the violation of nature's laws, the simple ways of healthful living, must be regarded as largely voluntary or wilful. Scientific research, universal education, the printed page, have made the way of the modern homemaker comparatively safe and easy. No occupation is more necessary or abiding than hers, and none is fraught with more far-reaching results. May the widespread aspiration for better homes and more perfect homelife inspire us all to greater efforts in the future. To interpret the spirit of the times, to keep in sympathy with the tendency of the day, along the line of Home Economics, is the constant aim of AMERICAN COOKERY.

LAST TO ECONOMIZE

THERE is only one way to reduce taxes — and that is to reduce expenditures. This simple truth seems to have been perceived in Washington, where the administration is making conspicuous efforts to cut down departmental expense, and where Congress itself is paying far more heed to economy than is its traditional custom. Even at state capitals

there is a manifest tendency to think in less extravagant terms, if not to make sharp cuts in appropriations.

Local authorities — mayors and councilmen of cities, selectmen and citizen-legislators of towns — have been less quick to note the demand of the times for economy. Notwithstanding the general decline in prices, which should begin to reduce the cost of living for municipalities as well as individuals, many a town and many a city government has boosted its tax rate by 10, 20 or 30 per cent this year, and many another, not quite daring to affront the taxpayers so openly, has merely put off the evil day by using up its last dollar of surplus and running still further into debt.

Henry F. Long, Massachusetts commissioner of corporations and taxation, warned against the lack of thrift and financial common sense shown by city officials and town meetings which spend faster than they dare to indicate in the tax rate. More businesslike methods are clearly needed in levying and collecting taxes and in the avoidance of cumulative borrowing. But the need reaches deeper than that — to the avoidance of unwarranted expenditure. Local governments must stop every unnecessary leak, every misplaced or superfluous expenditure of money, unless they would drive the taxpayers — meaning everybody — to despair, migration or rebellion.

— *The Boston Traveler.*

SURELY there is only one way to reduce taxes, and that is to reduce expenditures. Likewise there is only one way to reduce the cost of living and that is to reduce wages. There is only one way to reduce unemployment, and that is to set everybody to work, regardless of daily wage. The laborer is worthy of his hire and no more. The war has been closed now some three years and peace has been declared. Yet many people do not seem to be aware that conditions have changed, and the time has come to pay up for wasteful extravagance and to

practice the strictest thrift and economy. No longer are there short cuts to competency and riches. The ranks of the unemployed are full. A part, at least, of this situation is voluntary and unjustifiable. People seem unwilling to work unless at an enormous wage.

Recently two men had been seeking a job. One was heard berating the other for his attitude in proposal for employment. "You must understand at once," he said, "that people are no longer offering eight or ten dollars a day for work." Now that is just the point. They are not. The average employer is not earning that amount himself. He has not the means to pay the present price demanded.

The truth is, rents, wages, taxes, the cost of living in general, all must be reduced in order that legitimate business be resumed. The present scale of living is too high. Some one may say, "No matter how high the scale be, provided it prevail all round." The statement is false, from any and every economic point of view. The wealth of the world, at any time, consists of the stuffs and commodities that are produced and distributed. That these be plentiful and increased to the limit, no one should be unoccupied, everybody must be engaged in some kind of industrious and lucrative production. Idleness and unemployment indicate that something, even much, is wrong. From a moral point of view, by which we are tried and judged, the world is suffering from the lack of righteousness.

WE LIVE AND LEARN

THE prevailing high cost of living — especially of food and fuel — forced me to give more thought to foods and food-values than had ever been my custom. I found a new way of living — of feeding my family. By it I save time, labor and money, and, best of all, I consider it, after a six months' trial, superior to the old way.

Early last spring I read an article on vitamins. The physician who wrote it

advised the use of raw vegetables, as cooking "destroys the vitamins." He spoke especially of the vitamin value of raw cabbage and carrot, and of how very essential these vitamins are to the welfare of the body.

I was not especially interested in the vitamins. I had, until then, never heard of them, and I have no idea yet what they are. But I was interested in the fact that raw vegetables are just as good to eat, and probably better, than cooked vegetables; and immediately, without consulting my small family, I set about ways and means of serving them.

It was on a Monday, and there was part of a meat-loaf left from Sunday's dinner. I put my raw cabbage through the meat chopper, my carrots I scrubbed thoroughly and grated through a coarse grater. Then upon lettuce leaves I spread the cabbage, sprinkled with salt, pepper and a tiny trace of sugar, the carrots likewise, and then I added mayonnaise dressing. It looked good and it tasted just as good as it looked. We liked it.

Since then I have varied my vegetable dish by serving raw beet, parsnip and turnip grated and mixed with chopped onion, celery or cabbage, and with oil or mayonnaise dressing — sometimes on lettuce, sometimes on new cabbage leaves. Never again shall I trouble to cook vegetables.

One member of my family who for years had had a stubborn case of eczema that caused her much annoyance by intense itching, and had failed to respond to various remedies, discovered that her eczema had departed soon after our raw vegetable courses had begun. We like to think that the vitamins did it.

M. M.

BIBLE IN SCHOOL

THERE is an increasing demand for re-introducing the Bible into the public schools. The question at once proposes itself: Why was it ever removed? Has it been replaced by an exercise more beneficial to children? Was it opposed

by teachers on the ground that children got their lessons better and behaved better without it? Did committees and superintendents oppose it because it was not good literature? As a matter of fact, the ban was placed on the Bible during a hysteria of sectarian feeling: Those who controlled the schools concluded that it would not do to read the Bible before groups of children representing a wide variety of faiths. The decision was fallacious. The Bible is the book universal, the most human book in existence. It contains passages of such literary excellence and inspirational merit that children, whether they believe in the tenets of the Christ, Zoroaster, or Buddha, could not help deriving benefit by hearing them read.

By all means put the Bible back in the school. Heaven knows the boys and girls of these times require its stabilizing influence. — *The Christian Register*.

MY MOUNTAIN ROAD

O Page Hill Road! No happy step along your
rugged way

I do not know, I have not loved, and counted
as my own; —

The spring beneath the spruce, that, dark
and fragrant, stands alone;

The steep, rough climb beyond it, where the
sapling maples sway;

Pastures, that, rimmed with gray stone walls,
from tamarack swamps uptend

To clasp the craggy Pilot Range, a-sweep
from east to north;

Eager, young brooks, that, keen from purple
heights, leap singing forth,

And trilling gaily down the mountains, in the
lowlands blend.

Far valleys, green until the haze of distance dims
their space;

Skies, that, above white cloud peaks, arch
blue intervals divine

O'er air that, sweetened by the breath of
basswood, beech, and pine,

Sifts whispering through the coolness where
their shadows interlace.

I love you, Page Hill Road! I love your vagrant
curves, your song;

The little flowers that trail beside; the
rustling in the brush;

The sun and color on the heights; the chill
and tender hush

Of low fields banded with white mist when
twilight shadows throng.

Katherine Sawin Oakes



CHRISTMAS LOLLYPOPS IN PROCESS (For Recipe see page 360)

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Beet Bouillon

A CHRISTMAS SOUP

BOIL two to four good-sized beets, after removing the skin, with two onions. Sift when soft, and add to three pints of white stock, previously thickened with two tablespoonfuls of arrowroot, rubbed smooth into one-fourth a cup of melted butter. The arrowroot makes a transparent thickening, preserving the red color of the beets. Garnish with slices of hard-cooked egg, or strips of green lettuce, or both.

Spiced Mackerel

Split three fresh mackerel down the back and clean them, removing the bones, and scraping all the thin black skin from the inside. Cut off heads and tails, and divide each half crosswise. Arrange the pieces in a shallow baking dish, pour over enough vinegar to reach, almost but not quite, to the top of the pieces of fish, then sprinkle salt and pepper over them, with

a very little cayenne, place a bay leaf on each, and drop, here and there, into the vinegar eight whole cloves, and four allspice berries. Bake in a slow oven for two hours. Serve with hot, baked potatoes, or the dish may be used cold, garnished with quarters of lemon.

Savory Apples to Serve with a Roast

Cook with two cups of white stock one teaspoonful of minced onion, one small bay leaf, one-half a teaspoonful of salt and one-fourth a teaspoonful of white pepper. Let simmer for twenty minutes, and strain. Pare and core six or eight greenings, put them in a granite pan, pour the stock around them, cover, and bake or let simmer until tender. Lift the apples with a skimmer out of the stock and arrange around the platter on which the roast stands, then quickly fill their cavities with the following filling, which should be ready prepared. Four tablespoonfuls of currant jelly, mixed

with one cup of chopped pecans and one-half a cup of ripe olives, with a light sprinkle of paprika. Pour over them the stock, which should have been kept hot, and serve as dish gravy.

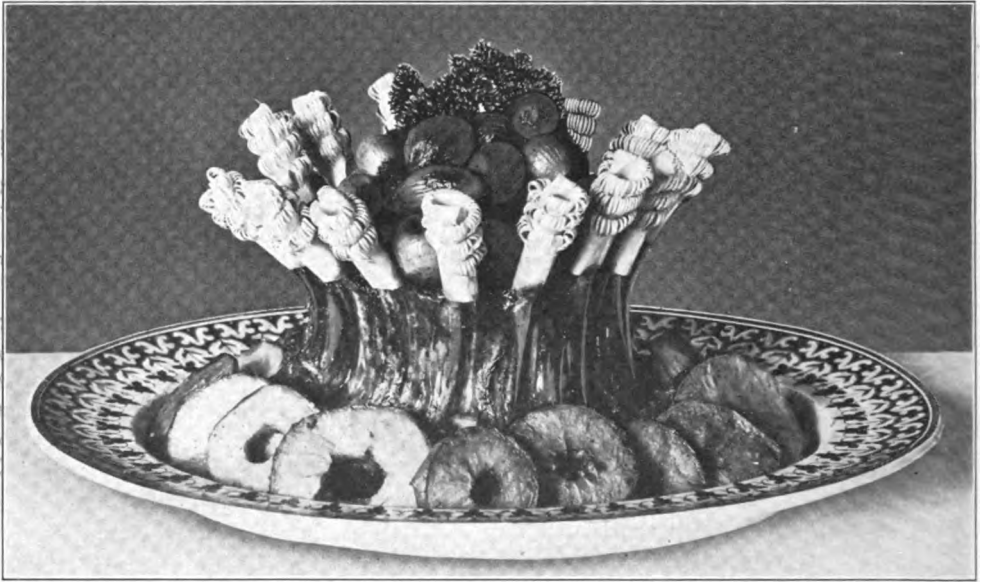
Roast Canvasback or Redhead Ducks

Draw the ducks, but do not wash, and wipe thoroughly with a damp cloth. Stuff each with one-third a cup of chopped onion and one cup and one-third of chopped, green celery stalks. This stuffing is not served, it is used to flavor the

Macaroni Reale

AN ITALIAN DISH

Boil until tender a cup of macaroni, broken into short lengths, and arrange in the form of a border on a circular dish. Fill the center with one cup and one-half of chopped chicken giblets, stewed in one cup of brown sauce, made same as white sauce with one bouillon cube dissolved in one cup of water, seasoned and thickened with two tablespoonfuls, each, of butter and flour. Decorate the border of the dish with alternate rounds of sliced



CROWN ROAST OF PORK WITH APPLE RINGS

bird. Truss, dredge lightly with flour, seasoned with salt and pepper, and cook in a very hot oven on the rack of a baking pan for not more than twenty minutes. The oven door should not be tight-closed, to provide ventilation, and the heat should be as high as for pastry. The birds should be basted every eight or ten minutes with slightly salted water. Serve with a sour apple marmalade, and an olive sauce, made by cooking chopped olives in brown stock, slightly thickened with flour and seasoned with a teaspoonful of onion juice to every cup of sauce.

lemon and hard-cooked egg, with parsley or cress between.

Crown Roast of Pork with Apple Rings

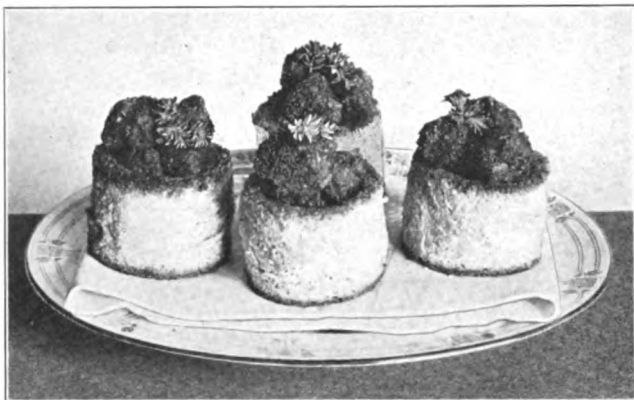
A crown roast of pork is fashioned from two loins with seven or eight rib bones in each. The bones should be freed of flesh, nearly to the "kernel" of the chops. Cut apart the backbone at the base between each chop, but do not cut up into the flesh; this allows spreading the loins apart at the base. Tie the ends together with two stitches, one

above the other, at each side, so that the kernel of the chops will be inside. Wrap each rib in a slice of fat, salt pork to keep the bones from charring. Cook from one and a half to two hours, basting frequently. To serve, remove the pork from the bones and fill the center with small onions, well buttered; and garnish with fried rings of apple.

Green Peppers Farci

Cut the tops from six green peppers, scoop out the insides, and let simmer gently for five minutes in water to cover the scooped-out peppers and the slices cut from the tops. Remove the peppers to a well-greased baking-pan, and fill the cavities with the following: One cup and one-half of minced, cooked veal, one cup and one-half of breadcrumbs, three-fourths a cup of chopped, cooked ham, the chopped green tops of the peppers, a tablespoonful of minced parsley, one teaspoonful, each, of salt and onion juice, three tablespoonfuls of melted butter, and enough cream or rich stock to moisten and bind the whole. Bake for half an hour at gentle heat, basting every ten minutes with water or stock.

Chopped tomatoes and cheese in equal parts, or sifted baked beans flavored with



FRIED SCALLOPS IN BREAD CASES

tomato catsup, may be substituted for the veal.

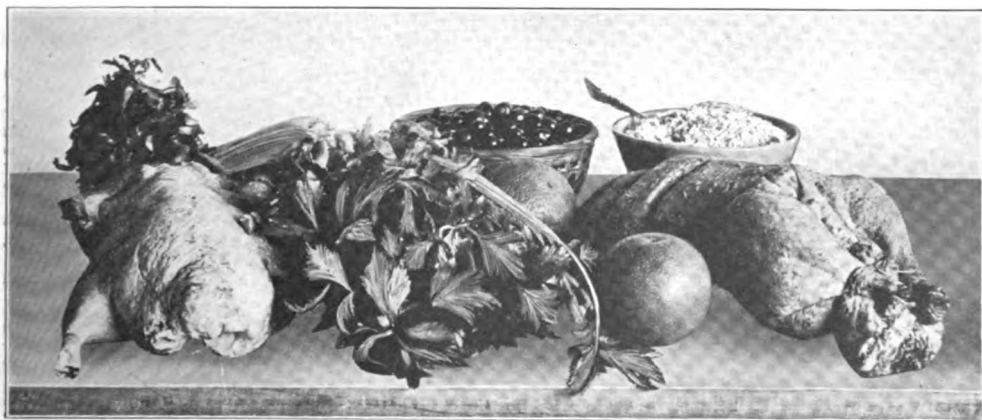
Glazed Onions

A GARNISH FOR STEAK OR CHOPS

Cook small white onions until soft, but firm enough to hold their shape. Make a syrup of one cup of sugar and one-half a cup of stock, and cook to the soft-ball stage; add the onions and continue to cook for two or three minutes. Lift out when the syrup begins to discolor, and arrange on the platter with the steak.

Fried Scallops

Cover the scallops with boiling water and keep hot fifteen minutes without boiling; drain and dry on a cloth. Roll in cracker crumbs (powdered fine and seasoned with salt and pepper), dip in



PREPARATIONS FOR ROASTING DUCKS

egg and roll again in cracker crumbs; fry in a basket in deep fat, until well browned. Arrange in bread cups that have been spread with butter and browned in the oven. Serve with Tartar Sauce.

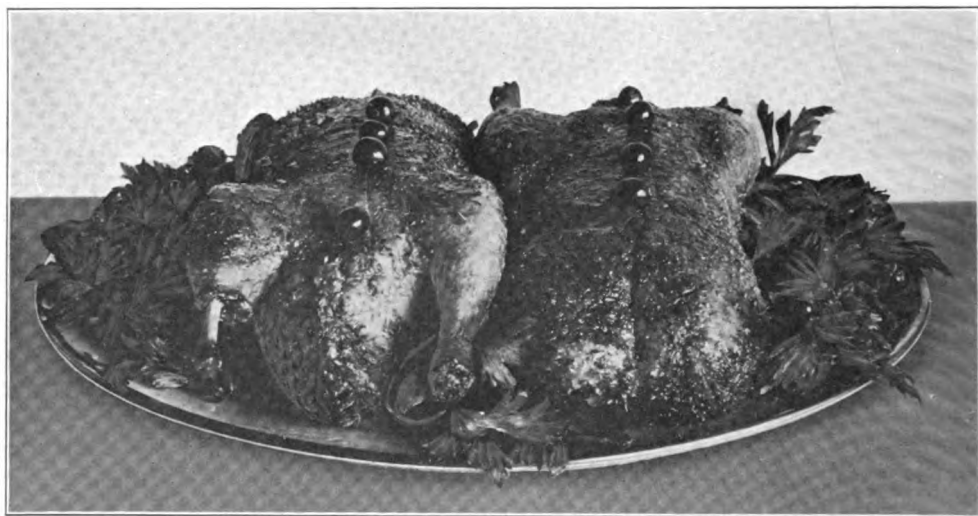
Friar's Omelet

To six large apples, cored, pared, and quartered, add barely enough water to cover, and stew to a pulp. Stir in enough sugar to sweeten while the apples are hot, also the grated rind of one-half a lemon and the juice of one whole lemon. Before the sauce cools, add one-fourth a cup of butter and grated nutmeg to taste.

stock, and one-half a cup of fine crumbs. Let simmer until the vegetables are all soft enough to be put through the colander. After sifting, add the whole to one quart of thin white sauce, made by thickening a quart of milk with one-fourth a cup, each, of butter or a substitute and flour, with seasoning to taste. Garnish with leaves of cress.

Cranberry-and-Apple Mound

Cook together one pint of cranberries and four good-sized apples in barely enough water to keep from burning. As soon as apples are soft, sift both through a



ROAST DUCKS, GARNISH OF CELERY AND CRANBERRIES

Apply a thick coating of butter to the inside of a large baking-dish, and sift over this as much fine crumbs, sifted and browned, as the butter will hold. When this is firm, pour in the apple-mixture, spread crumbs over the top, stick cloves, here and there, and bake; serve cold with cream.

Cressy Soup

(CARROT AND BREAD)

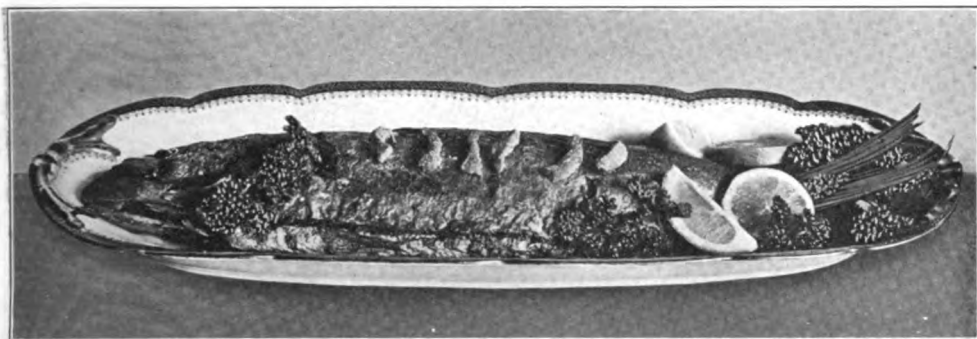
Scrape and cut in slices one-half a pound of carrots, and cook in one-fourth a cup of butter with the white part of two leeks and one small onion, sliced, until onions begin faintly to color the butter. Add to saucepan two cups of water or

colander, measure the resulting pulp, and for each pint of this add one cup and one-half of granulated sugar and the juice of one lemon. Return to fire and stir until sugar is dissolved, and let simmer slowly for five minutes. Let cool; add to the mixture the unbeaten whites of two fresh eggs, and beat the whole long and vigorously until stiff. Pile into sherbet glasses, or mould in any fancy shape. Serve with a custard sauce made of the yolks of the eggs.

Cold Beef Tongue

A HOLIDAY LUNCHEON DISH

Boil the tongue until tender in a meat



BAKED BLUEFISH

stock that has been well flavored with vegetables, such as carrots, onions, and parsnips; herbs, like sweet marjoram, chervil or basil, and a very little mint; and the usual seasoning of salt, pepper, celery salt, and a very little cayenne. Remove the skin from the tongue, brush it over with slight-beaten egg, and strew it thick with fine bread crumbs. Bake for half an hour in a hot oven, basting every eight minutes with a mixture of, half and half, vinegar and water. Remove from oven, let get quite cold; place on a large, handsome platter and cut with a sharp knife into thin slices, allowing it to retain its shape. Spread a thick mayonnaise over triangles of toast; decorate these by covering with thin-sliced pimientoes, and arrange them around the sliced tongue on a bed of shredded lettuce or chopped parsley.

Baked Bluefish

Clean a four-pound bluefish, stuff and sew in with twine. Bake one hour.

Fish Stuffing

Mix one-fourth a loaf of bread crumbs, one tablespoonful of chopped parsley, one teaspoonful of onion juice, one teaspoonful of sweet basil, one-fourth a teaspoonful of salt, one-fourth a teaspoonful of pepper and one-fourth a cup of melted butter.

Honig Kuchen

(DUTCH CHRISTMAS CAKE)

Mix with one cup of honey one teaspoonful and one-half of powdered cinnamon, one-half a teaspoonful, each, of ground ginger and baking soda, one-fourth a teaspoonful, each, of cloves, white pepper, and salt, and if possible



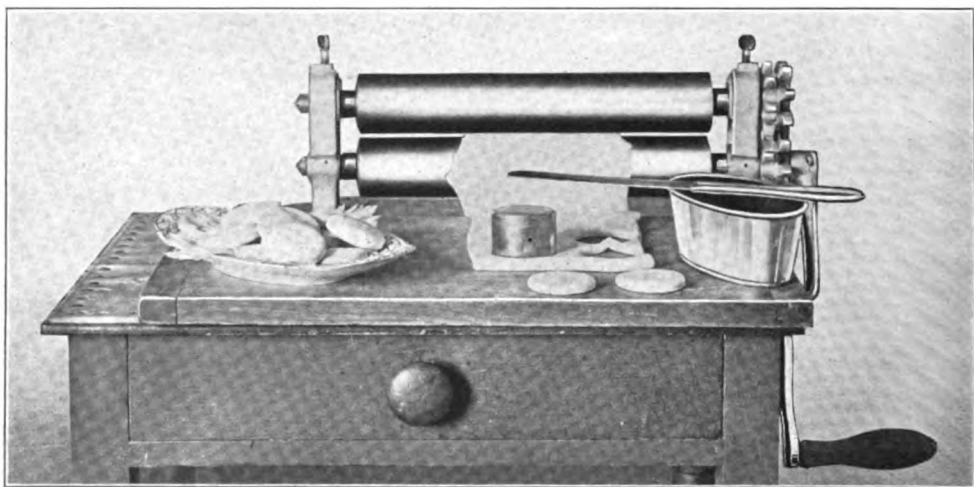
STYLES OF PUDDING MOULDS

one teaspoonful of powdered cardamon seed. Put all in a large agate-ware bowl; add three-fourths a cup of sugar, and heat until the sugar is dissolved and the smell of the spices is evident. Care should be taken that the honey does not boil over. Let cool somewhat, but while still warm sift into the mixture, while stirring constantly, from two and one-half to three cups of flour, or enough to make a thick batter, sifted with three teaspoonfuls of baking powder. Add two ounces of chopped, blanched almonds, one-fourth a pound of dried figs, previously steamed and chopped, and one-fourth a pound, each, of raisins and currants. Let mixture stand in the pan for twenty minutes

firm dough. Beat the dough with a mallet about twenty minutes or run it through a biscuit brake until it is beautifully smooth and velvety. Cut into rounds, prick with a fork (some cutters prick the dough as it is cut into rounds); bake about half an hour in a moderate oven. These biscuits will sometimes split evenly and the texture is similar to that of crackers. Some cooks prefer to mix the biscuit with buttermilk into which one-fourth a teaspoonful of soda has been stirred.

Mocha Cakes

Bake a sponge cake in a sheet. When baked it should be an inch in thickness.



MARYLAND BEATEN BISCUIT

before putting in the oven — it should be baked in a large, round pan, the batter not more than three-fourths an inch deep — and bake at a low temperature for from thirty to forty minutes, or until done. Sprinkle the top with coarse granulated sugar, and decorate with a border of red and green tinted icing, arranged in the form of leaves and berries.

Maryland Beaten Biscuit

With the tips of the fingers work a teaspoonful of butter into a pint of flour, then mix with milk or water to a very

Cut the cake in small rounds, spread the sides with jelly, then roll in chopped walnut meats. With pastry bag and star tube, pipe mocha cream, round and round, over the top of each cake. Finish with a candied cherry in the center.

Mocha Cream

Wash a cup of butter in cold water to free it from salt, pat it to remove all water, and then beat to a cream; add a beaten egg-yolk, and, gradually, two cups and one-half of powdered sugar and enough coffee extract to give the flavor desired.



MOCHA CAKES.

Frozen Fruit Salad

Cut in small bits the fruit in one can, each, of pineapple, white cherries, pears and peaches. Mix prepared fruit, the juice from the cans, two oranges and one-fourth of a grapefruit, cut in bits, two cups of mayonnaise and one pint of cream, whipped. Turn into the can of a freezer and freeze, turning crank very slowly; pack the frozen mixture in quart brick moulds and let stand in ice and salt one hour. Serve, cut in slices, on lettuce leaves. This recipe will serve thirty-five people.

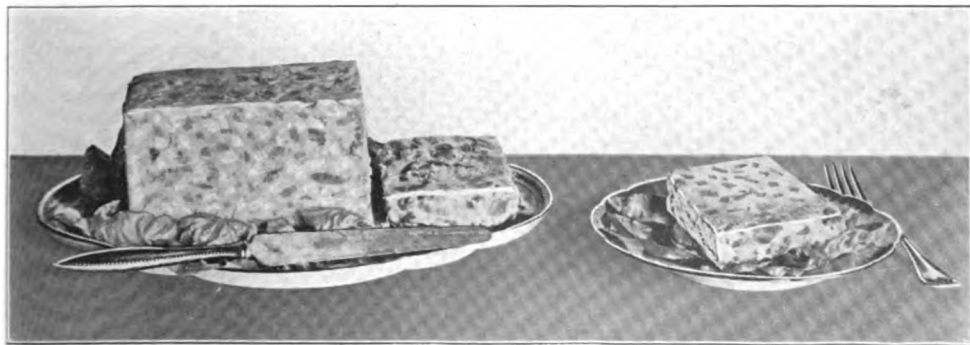
Chocolate Christmas Cup

Shave one ounce of chocolate, and cook with two tablespoonfuls of sugar in one-fourth a cup of water until so thick that the spoon will leave its track in the mixture. Add one pint of boiling water,

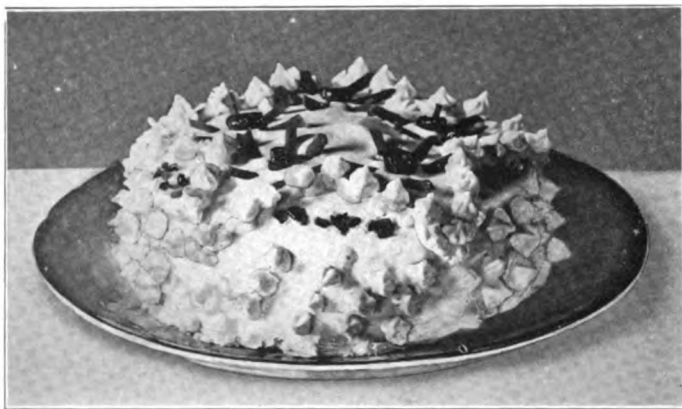
one cup of juice from canned raspberries or strawberries, one-fourth a cup of lemon juice, and the juice of two large oranges, with the grated rind of one. Sweeten to taste, if more sugar is needed; let the whole come to boiling point; stir, and fill chocolate cups three-fourths full with the mixture. Place a marshmallow on top of each, and as it melts garnish with candied cherries and bits of angelica.

Christmas Cake

Cream one-half a cup of shortening; gradually add one cup and one-half of sugar. Sift together two cups of flour and two teaspoonfuls of baking powder; add to the butter mixture, alternately, with three-fourths a cup of milk, one teaspoonful of vanilla and the whites of four eggs, beaten stiff. When thoroughly blended bake in three layers.



FRUIT SALAD, FROZEN



CHRISTMAS CAKE

Filling for Christmas Cake

Boil two cups of sugar and three-fourths a cup of water to 236 deg.; pour slowly on to the whites of two eggs, beaten dry, beating constantly; then add one tablespoonful of lemon juice. When cool add one dozen marshmallows, one cup of walnuts and two dozen Maraschino cherries, all cut into small pieces. Put this filling between the layers and over the top and sides of the cake. Cover this filling with a frosting made by boiling two cups of sugar and three-fourths a cup of water to 240 deg. Pour this on to the whites of two eggs, beaten dry. Pipe stars above the frosting and decorate with citron and cherries.

Lady Locks

Roll puff-paste one-eighth an inch thick and cut in long strips three-fourths an inch wide; wind around lady-

lock forms; trim the ends even with the sticks. Bake on a tin in a slow oven; remove the curls from the sticks and when cool fill with whipped cream, sweetened and flavored before whipping.

Lolly-Pops

Mix thoroughly one cup and one-half of sugar; one-half a cup of Karo (white), and three-fourths a cup of water; add two squares of melted chocolate just as boiling begins; boil until a little is hard when tested in cold water, about 300 deg. Fahr. At this stage, when pressed between the teeth the candy leaves them clean and free. Pour a generous tablespoonful into each buttered muffin tin. Before hardening commences, remove with a spatula or knife, adjust skewer and allow to harden on wax paper. For other flavors, omit chocolate and use fruit juice instead of water; color as desired and flavor with extract.



Christmas Pastry Cake

(SCOTCH RECIPE)

Sift a teaspoonful of salt with one pound of bread flour, and work in with the fingers three ounces of butter. Add liquid, milk, water, or creamy coffee, or a mixture of two or more, to make a dough, working in one compressed yeast cake, blended smooth in a little water. Let rise to double its bulk, and add the following, all well floured: One pound of raisins, three-fourths a pound of currants, one-half a cup of chopped, blanched almonds, one ounce, each, of fine-shaved, candied citron, orange, and lemon rind, and one teaspoonful, each, of ground ginger and powdered cinnamon. Shape into a ball; flatten this into cylinder form, and let rise again in a cylinder-shaped pan. When it has risen to double its bulk, bake slowly for an hour and one-half. Have ready, on removing from pan, a sheet of light, flaky pastry, rolled thin. Enclose the cake in the pastry, working quickly so that the paste will not soften; prick several holes in the top, place on several folds of paper on a baking sheet, and put into a hot oven until the pastry is done. Let cool, and decorate the top with candied fruit.

Candied Carrot Strips

Cut one pound and one-half of carrots into strips, after first washing and scraping, and drop into rapidly boiling salted water for two minutes. Lift out, drain, and add to a syrup, made by cooking two cups of sugar in one cup of water with the grated yellow rind of one lemon, for ten minutes. In this allow the carrot strips to cook until the syrup threads, or registers 232 deg. to 235 deg. Fah. by the sugar thermometer. Spread the strips on oiled paper to dry, and when nearly dry roll each in fine granulated sugar. Pile on a glass dish.

Brussels Sprouts Potato Pie

Cook one quart of Brussels sprouts for

ten minutes in boiling, salted water; drain, place in baking dish, and pour over them a pint of rich stock, preferably chicken, thickened slightly with one tablespoonful of flour. Mash four large, fresh-boiled potatoes with a cup of hot milk or cream, two tablespoonfuls of butter, two teaspoonfuls of onion juice, a generous teaspoonful of salt and one-half a teaspoonful of pepper. Add while still hot the slightly-beaten yolks of one or two eggs, and, lastly, beat in the slightly-beaten whites, beating vigorously until the whole is light. Pile over the Brussels sprouts in the baking dish, grate hard cheese over the top, and bake until well browned.

Apple Shortcake

Place in a mixing bowl one cup and three-quarters of flour, one half a teaspoonful of salt, four level teaspoonfuls of baking powder, four tablespoonfuls of sugar, four tablespoonfuls of shortening, one cup of milk or water.

Beat to mix and then turn into a well greased-and-floured, deep, layer-cake pan and spread quite high on the sides.

Cover thick with thin-sliced apple and dot with two tablespoonfuls of butter and sprinkle with:

One teaspoonful of cinnamon, one-half a teaspoonful of nutmeg, one-quarter a teaspoonful of allspice, two-thirds a cup of brown sugar.

Bake in a slow oven for thirty-five minutes and serve hot with the following sauce:

Place one quart of water in stewpan, one-half a cup of sugar, one heaping teaspoonful of butter; mix two tablespoonfuls of flour and water to a cream, and add to sauce slowly, stir constantly and remove from fire when cooked; add one teaspoonful of extract of lemon or vanilla, and grated nutmeg to taste.

This dish is extremely rich in sulphur and mineral salts and health-giving vitamins.

Seasonable Menus for Week in December

SUNDAY	Breakfast Grapefruit Puffed Wheat with Milk Egg Toast Baker's Crusty Rolls, reheated Café au Lait Dinner Pork Tenderloin with Steamed Apple Rings Brussels Sprouts Potato Pie Chopped Celery, Apple-and-Cabbage Salad Cooked Dressing Deep-Dish Apple Pie Coffee Supper Macaroni Reale Thin-Sliced Buttered Bread Stewed Fruit Cocoa	Breakfast Grapes Gluten Grits, Top Milk Smoked Herring Creamed Potatoes Bran Biscuits Coffee Luncheon Scalloped Oysters Date Muffins Cabbage-and-Celery Salad Apple Sauce Cookies Tea or Milk Dinner Rib Roast of Beef Potatoes Creamed Onions Spiced Apple Jelly Creamy Rice Pudding Coffee or Milk	WEDNESDAY
	Breakfast Malted Breakfast Food, Thin Cream Sausages with Baked Apples Wheat Puffs Coffee Luncheon Tomato Cream Soup Creamed Dried Beef Baked Sweet Potatoes Raisin Bread Sliced Oranges Tea Dinner Roast Veal Steamed Potatoes Spinach Colelaw Graham Pudding, Jelly Sauce Coffee	Breakfast Malt Breakfast Food with Dates and Top Milk Creamed Codfish Potato Pancakes Coffee Luncheon Creamed Tuna Fish Baked Potatoes Currant Buns Canned Pears with Whipped Cream Chocolate Dinner Meat Loaf with Tomato Sauce Riced Potatoes Sauerkraut Creamed Carrots Pineapple Fritters with Honey Coffee or Milk	
MONDAY	Breakfast Sliced Oranges and Bananas Bacon and Poached Eggs Graham Toast Coffee Luncheon Corn Chowder Lettuce-and-Cheese Salad French Toast, Syrup Lemon Jelly with Cream Dinner Veal Birds Mashed Potatoes Savory Apples Celery Raisin Pie Coffee	Breakfast Oranges Cream of Wheat, Milk Corned Beef Hash Graham Buns Coffee Luncheon Potato-and-Liver Sautéed Tomato Sauce Buttered Toast Baked Bananas Apple Jelly Sauce Milk or Tea Dinner Halibut Steaks Green Peppers Farci Lettuce Salad Friar's Omelet Coffee or Milk	THURSDAY
	Breakfast Gluten Grits Steamed Figs and Cream Fish Hash Corn Bread Coffee Luncheon Bean Purée Chicken Giblets on Toast Jellyed Sweet Cider Fresh One-Egg Cake Cocoa	Dinner Brown Stew with Dumplings Baked Squash Plum Tapioca Pudding, Custard Sauce Coffee or Milk	
TUESDAY			FRIDAY
SATURDAY			

Christmas Holiday Menus

I

CHRISTMAS DINNER (OLD ENGLISH DISHES)

Cressy Soup (carrot and bread)
 Fried Cheese Balls Plums Stuffed with Nuts

Salmon Steaks, Garnished with Cress
 Apple Rings, Sautéed in Butter

Boar's Head of Brawn
 Roasted Potatoes
 Gooseberry Chutney Stuffed Carrots

Sweet Cider Frozen Punch

Venison Pasty, or Pigeons in Cabbage

Curds and Cream with Raisins
 in Lettuce Hearts

Plum Pudding Mince Patties

Fruits Nuts Candies Glacéed Ginger Coffee

II

CHRISTMAS DINNER (FRANCO-AMERICAN)

Canapés of Caviar
 Oyster Cocktail in Red Pepper Cups
 on Lettuce Leaves

Pimolas Beet Bouillon Croûtons

Smelts in Orange Sauce
 Sweet Potato Balls Steamed Cucumbers
 Sweet Pickled Pears

Saddle of Canada Mutton
 Garnished with Cherries
 Currant Jelly Sauce

Rice Timbales Buttered Asparagus Tips

Grape Juice Frappé

Foie Gras on Shredded Lettuce

Raisin-and-Citron Tartlets
 Strawberry Bombe Glacé

Assorted Nuts and Fruits
 Crackers Cheese

Café au Turc

III

BACHELOR'S DECEMBER DINNER

Celery Anchovy-and-Cheese Canapés Saltines

Green Turtle Soup

Crab Meat in Scallop Shells
 Currant Jelly

Whole Roast Piglet
 Oregon Baked Potatoes
 Cranberry-and-Apple Mound
 Mustard Pickles Candied Green Ginger

Frozen Tom-and-Jerry
 (Ginger Ale and Grape Juice with Whipped Cream)

Roast Canvasback or Redhead Ducks
 Braised Celery

Waldorf Salad in Lettuce Hearts
 Bent Crackers

Deep-Dish Cherry Pie with Cream Cheese
 Frozen Custard

Bonbons Crackers Sharp Cheese Black Coffee

IV

WINTER BUFFET LUNCHEON

Jellied Bouillon Salad Rolls

Chicken Croquettes Sandwiches of:

Apple-and-Cress
 Nut-and-Celery
 Ham-and-Oysters
 Anchovy Paste
 Sifted Steamed Figs-and-Lemon
 Salmon Mousse
 Creamed Shad Roe in Pastry Cups
 Orange Jelly Macaroons
 Chocolate-and-Raisin Ice Cream

Hot Tea Hot Coffee Hot Chocolate Cup

V

CHILDREN'S VACATION PARTY

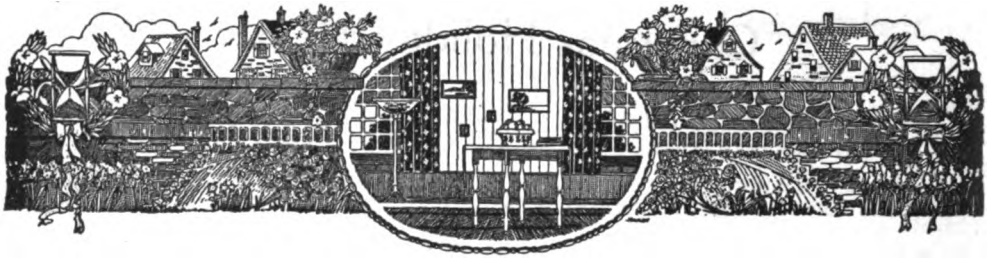
Salpicon of Bananas, Pineapple, and Oranges
 in Melon Shells
 Chicken Bouillon with Individual
 Initials of Macaroni

Crown of Lamb
 Stuffed with peas, carrots, and rice

Salad of Cream Cheese and Candied Cranberries
 in Cucumber Cups
 Animal Crackers

Individual Custards, Garnished with Red Jelly
 Ice Cream in Individual Moulds

Lemonade



Twice Done Duties

By Margaret Brent

WHILE I was still a very young housekeeper, I went, one day, to a club meeting, and during intermission, between business and literature, a friend told an eager group of would-be efficient and economical women of a good, cheap, easy, delicious dish for dinner. Naturally we listened open-eared. It was called mock-duck. One procured a large slice of round steak; one beat salt and flour into one side of it; one turned it over, made a stuffing similar to poultry stuffing — with onions a-plenty — rolled it into the meat, tied it about with string, placed it in the roaster, poured a can of tomatoes over and baked it for four hours.

I went home keen for the new dish. I promised my husband a treat. I lay awake fully two hours remembering the new recipe, which there had been no opportunity to write out; I chastened my "forgettery" not to neglect bringing up a can of tomatoes from the cellar when I went down for potatoes, and also not to neglect waking early enough to get the meat in time for the first delivery, since the club member had said mock-duck was a mere nothing, at all, if not cooked at least four hours. Also I wondered if there were onions!

After that I slept, dreaming of frantic efforts to get an ever-busy telephone line, and that a quart can of tomatoes, starting up the cellar stairs of its own volition, suddenly grew to giant size and refused to come through the cellar door, when a person — it must have been I — branished a can-opener as large as a broom in its direction and plunged it in only to find the can becoming an onion.

I am sure you will be glad to hear that the Mock-Duck — looking pathetically real on its hot platter — was as good as its recommendation; and you will not be surprised to know its creator was a wreck who never wanted to see the dish again in spite of a husband's sincere praise.

For nothing is truly good, easy, cheap — even if to the rest of the family it tastes delicious — if in the making the cook is exhausted and a disproportionate amount of time or strength has gone to the achievement.

In the mock-duck episode, the amount of time and worry was solely the cook's fault, and largely the result of inexperience and too great zeal. But such dishes as make a cheap cut of meat really tender and eatable take time. If you like to balance your time against the saving, well and good. The cheap cut is equally nutritious. But don't think mock-duck a labor-saving device.

I recall a time during those early housekeeping days when the making of a pie stared me in the face, just as writing a letter of condolence, or deciding about wall-paper does a little neighbor of mine.

Each to his taste — or rather distaste; for carefully considered, it is dread of doing something, be that something pies or darning, that makes one do it in the mind over and over before it takes outward form. And it is dreaded because it is intrinsically difficult, or not rightly understood or wrongly approached. For the intrinsically difficult, the only help to mastery is to march up and face the monster; and if it is impossible to make

friends with him, tell him that, as an enemy, he is about to be conquered. Like other cowards, this sort of difficulty often slinks away or grows easy on the approach of courage.

But most we dread is dreaded because of ignorance. We learn this lesson, if never before, when we have children and try to help them over hard places, which at their age — if we are fair and honest in remembering our own youth — we found too difficult to be easily mastered; but which, taken up again at maturity, seem nothing. The mistake parents often make is just here — in lack of sympathy, of seeming to see no seriousness in childish problems — which filled the entire horizon when we were young and ill-equipped for problem-solving.

Even when we have learned the ordinary duties of life, so they no longer have power to fret us or rob us of sleep, the unaccustomed, or the unwanted retains a nightmare hold upon nerves and brain. How often we dislike a duty simply because it interferes with a plan, and we stew over the difficulties of our particular lot and sink into self-pity, because we don't meet the obstacle to peace in the same quietness of spirit we bring to the task we love. It is, perhaps, too much to ask of humankind that work we love shall be only as alluring as that we loath. But meet the unloved task as a challenge to strength and patience, as without any doubt, in the sight of the angels, something we need to do for our soul's good, and get it done and over with.

I spoke of pies. I shall not soon forget, and probably it is wise to remember, the excuses I made to my pie-loving husband before I had conquered pies. They were unwholesome. They took time from the care of the baby. They were expensive. I blackened my soul with equivocations before ever I saw that I must face the music and learn to make pies. That the only true reason why my poor husband was deprived of them was my ignorance and lack of courage to learn.

Only the garbage man and the chickens will ever know how it went with my pies. The chickens, very considerably, didn't die; and the garbage man didn't tell; and I contrived, having a long experience in deceit, to camouflage the sugar and fruit bills. But at length, after a long course in prayer — entirely sincere and greatly needed prayer — on my part — and fasting on the part of my husband, I did get the better of pies.

The beautiful thing about it is that they are easy and popular and very delicious at our house now.

It can be done. We, in adult life, forget there is still growing and learning to achieve. Women in particular are likely, after marriage, to learn nothing much except daily news and bridge and, possibly, theatrical news, or about clothes. Their husbands grow, business compels it, and talking with other growing men helps much. Many, many marriages are clouded — to use no blacker term — because the woman doesn't master her business as her husband does his; but mopes if she has to work hard, or if the work does not antagonize her, at least lets herself deteriorate into a machine for doing it.

All the New Thought people, and adherents of any other cult that has reason and truth behind it, tell their disciples that worry is of all things most futile, most destructive. To do things over and over mentally when the mind might be used constructively, pleasantly, even joyously, is poor sense and poor religion.

If you are dreading your work because you are ignorant of it, then by all means put an end to this state of affairs by mastering it. If it's got you because it's too hard, get more strength from the fountain of strength. It's a perfectly sensible, possible proposition. There's no limit to human power, fortified as it can be fortified. And there's nothing mystical about it. It means a healthy body, and a mind at work, not worrying but really working, and the uplifted soul.

For, explain it how you may, there are, as poet, philosopher, saint, physician, or just a plain person who has tried it, will tell you, resources, "reservoirs of energy" in the phrase of Professor James, to be "tapped" by the soul. Wisdom, too, to

him who "wavereth not" and knowledge of the way to him "whose feet point straight onward." For faith opens the resources which make light the task, and faith is law, just as much law as what the stars obey and the tides.

Mrs. Popplegate's Problems

By Harriet Whitney Symonds

MORNING, Mrs. Crookshaw, come right in. I'll be out o' the pantry in a minute—was just prospecting 'round a bit to see what I got left in the way of pie-stock.

The outlook's kind of slim; don't these end-o'-winter days make you plumb wild, getting up meals? They do me. Seems like my folks get tired of everything; nothing new coming on, and we been eating the same old provender right along till we've all got as notionate as a pet poodle. Of course, it's up to me to find some new kind of dishes, if I have to invent 'em out of my own head—or new ways of doing old dishes, anyhow.

I gave the folks a mess of what I call mock-sausages this morning—a big plateful, and there wasn't a one too many. How did I make 'em? Well, I took the remnants of yesterday's pot roast, which only made a skimp cupful when it was chopped as fine as mince-meat; then I took all the broken pieces of bread I found in the bread box and crisped 'em in the oven and crumbled 'em right fine and mixed in with the meat, and about a half a cup of cold cooked rice and a few left-over baked beans; I seasoned the mixture with salt and pepper and a bit of dried sage, and moistened it with the pot-roast gravy that was left yesterday, and made it out in little flat cakes the size of sausages, dusted them with flour and fried them brown and crisp in bacon fat, and dished 'em sizzling-hot out of the pan. You see that was cutting both ways—saving the left-overs, and giving the folks something a little different from common.

One thing that kind of bothers me is having some different dessert every day. Most popular thing in this family is pie—just so I vary the inside decorations pretty often. That's where a big variety of canned fruit comes handy, and I was looking to see what I had left. We've thinned it out a good deal lately. I see there's one jar of quince honey left, but that's too good to fill a whole pie with. Fine! Here's a lump of left-over pie dough in the cabinet. I can just bake some patty shells and fill them with chocolate blancmange and then top 'em off with the quince honey. How'll that do for once?

For tomorrow's dessert, I think I'll cook tapioca plain, just in water, with the juice of a lemon and a pinch of salt, and enough sugar to sweeten it good, and then I'll slice in two or three bananas and mould it in custard cups and serve it with a lemon sauce.

I make it a cast-iron rule to keep all such things as cornstarch and tapioca and gelatine and sea-moss on hand, and they've pulled me out of a tight place, many a time.

I can remember 'way back, when I was a little tad, along about this time of year my mother'd get into quandaries what to fix for dessert, and she'd sit and study and frown for a good bit, then all of a sudden she'd laugh and say, "Well, children, I reckon I'll have to make a vinegar-pie this time." And she'd set to work with flour and vinegar and a few eggs and some spices, and, tell you what, she'd make a right good-tasting pie, too. Anyhow, we young-

sters liked it. But I've often thought since, that if she'd had some cornstarch and flavorings and lemons on hand, she could-a made a better pie without half the

bother and waste of time and strength.

It pays to keep such things in stock all the time, but they come especially handy right along this season.

Diet for the Aged

By S. A. Rice

THOSE who have the privilege and pleasure of caring for old people are often puzzled about a suitable diet for them. The following suggestions are offered by one who has had several years of experience in the care of the aged.

In the first place, the principal meal for them should be in the middle of the day, although healthy old people generally like quite a substantial breakfast. If a noon dinner is not convenient, a hearty luncheon can be planned, and some simple dish added to the evening dinner menu. However, this is difficult to manage as elderly people are easily tempted to eat what is bad for them, and their powers of self-control are weakened.

In the second place, study their individual tastes. If the old gentleman of the family likes salt codfish, he would enjoy a dish of it prepared in the way he was accustomed to eat it in his boyhood; a slice of fish cooked tender, boiled potatoes, and a gravy made of milk and butter. Some people like it made as a chowder, others prefer the articles cooked separately, and mixed at the table. My old gentleman used to say, "Be sure to have plenty of potatoes."

As a rule, old people do not care for much variety at a meal. One or two simple dishes satisfies them. If the teeth are poor, soups and minced foods are acceptable. For the evening meal a plate of soup is always a good selection, except in hot weather. These can be made of left-over vegetables, potato, tomato, or celery, occasionally peas or beans, or a thick beef soup. Coarse breads are liked by old people, but they do not always agree with them. Graham bread, corn bread, and Boston brown bread are al-

ways favorites. Once in a while hot biscuits for breakfast are a treat. Fruit is essential for their welfare, preferably cooked; baked apples and apple sauce, stewed prunes and canned berries; for uncooked fruits, oranges, apples, and peaches are best. Sometimes they can digest nuts, though as a general thing they are to be avoided. I have noticed they do not require much meat; indeed meat is often forbidden, especially when there is a tendency to high blood pressure. Bacon is relished by them, and chicken, although some old people find the fat of chicken disturbs digestion. Lamb or mutton is preferable to red meats, but a piece of steak or slice of roast beef, once in a while, does no harm, when meat is a part of the dietary. Green vegetables are excellent, but some old people do not like them, and eat their spinach and sprouts and lettuce under protest. Macaroni and baked beans seem to upset the digestion of some old people, I have noticed.

As a rule, they are fond of sweets and look forward to dessert as the best part of the meal. Simple puddings are best for them, but a piece of pie, provided the meal is not hearty, does no harm, to a healthy old person. They crave candy, and it doesn't seem to injure them, unless sugar is forbidden by the physician. An old lady I knew was fond of fudge and said it agreed with her. We kept sweet chocolate on hand for her and it seemed to benefit her.

They should not be encouraged in being given to food fads. The best plan is to eat, in moderation, the things they like and enjoy, unless they are known to disagree. An old gentleman under-

took to give up his morning cup of coffee for a substitute with the mistaken idea of improving his already good health, and it took some argument to convince him the sacrifice was unnecessary.

To recapitulate: the things to bear in mind when catering for the aged are:

Principal meal in the middle of the day, consult individual tastes and peculiarities, avoid food fads.

What Deep Breathing Can Do For You

By Marion Brownfield

BOTH athletes and singers realize the immense advantages of deep breathing, both for health and getting results in their work. It is a form of exercise, too, that requires no special gymnasium apparatus, no special costume, and it can be indulged in, at any time of day in most any place. It costs nothing except a little thought to make the effort. Once practiced regularly, it becomes a beneficial habit to breath more deeply in just ordinary moments.

Breathing deeply enough to use the lungs' full capacity, summed up:

Dispers lassitude.

Raises the spirits.

Banishes nerves.

Restores poise.

Overcomes sleepiness.

Develops the chest.

Strengthens the back and the abdominal muscles.

The way to begin "practicing deep breathing" is to relax completely, letting out the breath. Then slowly take in a long, deep breath, holding the hands on the hips and elevating the chest. This should be done, preferably, in the fresh air, and the little air sacs above the collar bone and under the floating ribs, close to the belt, should be inflated. When the lungs are completely filled with fresh air for two minutes, one will become aware, very shortly, of feeling better.

Night and morning are good times to give special attention to this exercise, as it means either starting the day right, or emptying the lungs of stale air and consequent fatigue, to insure a refreshing sleep. Breathing deeply at critical moments does more to make one master of

the situation than all the clever plans put together, because it makes one clear headed and mentally alert as well as firm of resolve. When one is nervous, fidgety or blue enough to sigh, it is a sure sign that one is not breathing deeply enough. Notice it, the next time you become conscious of feeling "out of sorts." Then try a few deep breaths and see if you cannot laugh at most all your troubles, real or fancied!

To achieve good health and good spirits, however, deep breathing must be persisted in regularly. One needs to breathe often as deeply as one does when running. So after all it is good practice to run for a street car or up and down stairs, if one has no heart trouble. If one cannot do this without difficulty afterwards, it is time to consult a doctor. Perhaps a little pain felt, is only gas on the stomach. Again, the discomfort of panting for a long interval after exercise may be just fat! In this case, deep breathing and exercise that insures it, such as swimming, tennis, wood chopping or sawing, playing ball, sweeping or singing, is more than ever a necessity for the person who wishes to be efficient.

To test one's self for lung capacity and the consequent ability to expand the chest, a simple, easy way is to stand a few inches away from a curtain and try to blow it with all the air possible sent from one's mouth. Keep standing farther away from the curtain until the point is reached where blowing barely moves the curtain. Measure the distance of this point from the curtain and then try each day to get results when standing farther away. In this way one can see if lung power is gained.

Education in the Kitchen

By B. Claunch

I WONDER how many women realize the utter absurdity of "pottering" around and living in the kitchen most of the time? Housework can be made drudgery or delight—according to the education of woman. Education, I may add, does not mean graduation from a college.

I am a modern married woman, not content to go on and do things the exact way my mother and grandmother did. I educate my husband and children, as well as myself, by setting an example of practicing what I preach. How do I do it?

I read a lot and keep my eyes and ears open; I am known as a listener rather than a talker. I talk only when I know my subject and feel that I have something worth while to say. My hobby is household magazines; education in the culinary line is worth the study; it means better health for the entire family.

The hints in magazines are worth noting and remembering; they make things easier and simplify work wonderfully. Since magazines are bulky and accumulate, it is sometimes inconvenient to go through a great many for a certain half-remembered hint or recipe. In this instance a note book is serviceable; whatever hints or recipes appeal each month, those may be put in the book and immediately catalogued for future use.

Education in the kitchen, to me, means preparing foods in their natural state as far as possible. Raw vegetables as salads, "roughage" for the system (vitamine-foods) take little time to prepare and do untold good to the human body. Did you note the fine salads and dressings in June-July of *AMERICAN COOKERY*? "Salads and Salad Dress-

ings" is an article not to be overlooked or disregarded.

Cooked vegetables are also very important. Fried foods are taboo in our household. Our meats are generally roasted, broiled, or stewed; potatoes are baked or cooked with their jackets on. Many people do not realize that health and disease originate in the kitchen; many women would be highly insulted if their doctors were truthful enough to tell them that food brought on their illness and other bad feelings. Right combinations, foods that have not been robbed of the life-giving elements, food sufficiently cooked, food not cooked to death—all these are important factors in promoting health and are worth thinking about. A woman should study for marriage (especially the kitchen) fully as much as the person who makes teaching his vocation; for housework is the recognized vocation of every married woman and meal-preparation is a vital part of it.

I'm learning every day, also making mistakes and trying to do better. Are you?

I discovered an excellent satisfying meal in a soup the other day. I guarantee its delicious taste and food value.

Chop up, fine, two or three large onions and cook in a covered pan with two tablespoonfuls of butter or bacon fat until the onions are tender.

In another pan cook one cup of rice in plenty of water, salted; this rice water is to be used as "stock." When the rice is thoroughly cooked, add the onions and cut up several fresh tomatoes. Cook about ten minutes and add chopped parsley. This is what we call a real "health soup."



Home Ideas and Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

The Wizard of the Salt Shake

"HOW in the world do you make chocolate blancmange, and lemon pie taste so good?" I asked my hostess, whose cooking always delighted and amazed me. "I never eat those desserts anywhere but here."

"The Wizard of the Salt Shake helps me," was the cryptic answer.

"What do you mean?" I persisted, still more puzzled.

"I mean that I put a pinch of salt in the pie and pudding which takes away that raw taste so objectionable in anything made with cornstarch. In this day and age," she continued, "salt is one of the most useful and economical factors in cooking, as its price hasn't soared very high — yet —. Our grandmothers made their concoctions taste good by using quantities of salt butter, but that is too expensive for this generation, so the wise housewife substitutes salt for butter, whenever possible. Not too much, frequently, not enough to taste, just a hint or suggestion as the French use garlic. Take Indian meal pudding, for instance, pumpkin and squash pies, and gingerbread are all improved by the judicious addition of salt, especially if one wants to economize on butter; but the cook books rarely include it in their list of ingredients for those desserts.

"Cranberry sauce, also rhubarb, can be sweetened with about a third less sugar, supplemented with a pinch of salt. There is practically no limit to the uses of salt in the household. It is almost as cheap as air and water, and about as necessary to the welfare of the human race.

"Since I have been keeping house, I have understood why the Savior likened His disciples to SALT. It is by far the most valuable of all minerals; gold and radium are not in the same class.

"Salt not only makes our food more palatable and nourishing, but also preserves it. Medicinally, salt is of incalculable value, and doctors are finding new uses for it every day. The poorest man or woman can be refreshed and rejuvenated by soaking the tired feet in salt and water before retiring; while people, unable to afford having their tonsils removed, can keep them in such a healthy condition, by gargling their throats with salt and water the first thing in the morning, and the last at night, that an operation is unnecessary."

My hostess paused for lack of breath, so I remarked, "You think a lot of your 'Wizard,' don't you?"

"I certainly do," was the emphatic answer, "for believe me, the Genie, in the Arabian Nights, has nothing on my Wizard of the Salt Shake."

L. M. W.

A Winter Picnic

"I AM sorry, Peggy," said Bob Graves, regretfully, "but I really do not see how we can afford a big party for Helen now."

"I know it, Bob, but she's my oldest friend," sighed his wife; "ever since she announced her engagement the girls have entertained her elaborately, and I cannot let an occasion like this go by without doing something for her. Then, too, Harvey is such a friend of yours."

Bob looked thoughtfully around the pretty living room of their new home. All his savings had gone into their home and its furnishings and now business was dull and strict economy necessary.

"Well," he said finally, "we certainly can't go as strong as Helen's other friends, but maybe we can figure out something that will fill the bill and still not put us in the poorhouse, but it must be something that is not a lot of work, for I will not have you wear yourself out for a dozen Helens."

"There's no snow for a sleighing party, and theater parties cost too much," mused Peggy, "but let's think hard and perhaps we will have an inspiration."

And they did—an inspiration that solved the whole problem.

Helen and her fiancé, with sixteen other guests, were bidden to a very informal supper and requested to "please not dress up." Upon their arrival, they were greeted by their pretty hostess in middy blouse and blue skirt, and ushered into the living room, where a surprising scene met their eyes. Instead of the cozy room they knew so well, here was a delightful nook in the summer woods. Little evergreen trees and flowering plants (the latter borrowed from the entire neighborhood) were massed around the walls, and in one corner was an old well made from a barrel covered with moss. A cheery fire crackled its welcome in the fireplace and the floor was covered with green cloth (many old white pieces dyed and patiently stitched together by Peggy) to simulate grass. Best of all, in the center of the room was a long white tablecloth spread on the floor ready for a picnic feast and paper plates, napkins and tini cups. When all were seated, the hostess and two of the girls carried in trays of the best of picnic viands—the main dish being hot baked beans—delicious sandwiches and a salad, accompanied by perfect coffee and a simple dessert. The novelty of the occasion drove away all formality and the "picnic" was a jolly one. When the supper

was over, the guests "stacked their plates" and filed hilariously to the kitchen with them and the table was cleared in a twinkling. The "grass" was removed from the floor and the phonograph furnished music for dancing. Lemonade was served during the evening from a big tin pail concealed in the moss-covered well and, all the time, there were popcorn to pop and marshmallows to toast at the open fire, and not a moment lagged.

When the last guest had departed, each and all proclaiming the "best time ever," Peggy turned a radiant face to her husband.

"And just to think," she cried, rapturously, "only a few dishes to wash and no napkins to do up, and, O Bob, wasn't it fun?"

K. E. M.

The Real Spice of Life, is Variety

BREAD, Meat and Potato Diet often causes bad digestive ills.

Often the erratic appetite of the family may be caused by a rut fallen into in preparing the meals. So many women feel satisfied with just bread, meat and potato meals, that it requires some intensely strong initiative to make them realize that this is really the cause of many of the ills that constantly beset the entire family during the winter.

Remember that variety is the real spice of life—that is a trite saying, but nevertheless it is true. Oftentimes the family dislike a dish just because they have had it so often, or because it has not been served in an attractive way.

Carrots and turnips are real homely vegetables and many people refuse to recognize them when they grace the family board, yet if these same vegetables were prepared in unusual ways, nine times out of ten the family would rave over them. Use as many vegetables as possible.

The European housewife realizes that an abundant diet of vegetables brings big dividends in health; it is better to take

a spring tonic in the form of these succulent vegetables than in noxious doses of drugs. Early green foods may, indeed, be called the elixir of life.

Scallions-and-Carrot Salad

Dice one cooked carrot and add a bunch of scallions, chopped fine. Shred one-half a head of lettuce. Mix and dress with mayonnaise and dust with paprika.

The fried tomatoes will prove a really attractive supper dish, and usually the southern tomatoes can be purchased at from 25 to 35 cents per pound of five or six tomatoes of medium size.

For the best salad, cook new beets until tender and then drain, remove the skins and slice. Add four sliced onions and one-half cup of vinegar. Chill and serve with shredded lettuce.

Lamb Cutlets With Braised Onions

Have the butcher cut the neck or breast into cutlet-sized pieces about one inch thick. Wipe with a damp cloth and then dip in flour and brown quickly in hot fat. Now add six tablespoonfuls of flour and brown well. Add: one dozen onions, one cup and one-half of water, one cup of diced carrots, one cup of diced green tops of scallions. Cover and cook very slowly until meat is tender, usually about two and one-half hours. Season. To serve, lift the meat on pieces of toast and pour over some of the vegetables and gravy, then mask with a tablespoonful of Hollandaise sauce. Sprinkle with fine-chopped parsley.

Potato-and-Onion Pancakes

Grate four potatoes and chop very fine six medium-sized onions. Place in a bowl and add: one egg, one cup of milk or water, three cups of flour, one teaspoonful of salt, one-half teaspoonful of white pepper, two level tablespoonfuls of baking powder. Beat to mix and then cook in the usual manner for pancakes.

G. J. MCD.

Stewed Steak

THE coming of the cool weather makes large cuts of meat possible for the thrifty housewife, because of the economy attached, and also the sense of security a supply of this base of substantial foods affords. Also when one tires of roasts and chops, etc., the specter of the old-time stew rises up before friend cook, and she is torn between the longing to serve a real good stew, and the possibility of company catching her "with the goods."

Of course, stews have been done and overdone until it is only one of those rare born-cooks who can make a really tempting dish that the neighbors sniff at with envy, nevertheless meat steamed or stewed is more easily digested by children, to say nothing of our dyspeptic friends. Because, therefore, we are tremendously ambitious to produce the biggest and most husky specimens of manhood possible out of our ravenous young males who are the worry, perhaps; of the neighbors, but the secret pride of our mother-heart, we have made a special study of the stew problem, and have evolved a splendid recipe that one serves under the clear, bold heading of steak.

If you have a roast or a boil that is too large, cut several thick, juicy slices off it and fry or grill them well in a generous quantity of boiling lard. Remove the meat and add water and seasoning to make a nice brown gravy. Pour this over the meat which you must place in a stewing pan which has a decidedly close-fitting lid. Turn the heat very low, and add a fine-cut onion, and let it simmer a little over three hours.

When ready to serve thicken the gravy, and pour it all into a casserole which you may keep in the oven until ready to go to the table. This usually disappears with great rapidity.

L. B.

Uses for Cloth Flour Sacks

SOME time ago our bakery advertised flour sacks for sale. I had heard of

using them for dish towels, so purchased a dozen and a half, intending to make a good supply of towels.

First, I bleached the sacks. This was done by soaking in water over night, the next morning rubbing well with soap and hot water; then boiling, using washing powder and a teaspoonful of cream of tartar in the water; finally, rinsing and laying on the grass in the sunlight. The result was that the cloth was as good as that for which one pays a much higher price at the dry goods store. So I decided to use it for making garments. Out of the dozen and a half sacks I made night gowns for two children and myself, also four combination suits. I then had plenty left for several good-sized towels.

These sacks could also be used for other wearing apparel, such as children's rompers, or, if dyed, they would be nice for linings for comforters. As the material in them is heavier than ordinary cotton cloth, it is warmer and wears much better.

F. C.

* * *

The Home Kitchen Candy

"Sweets to the Sweet."

Hamlet.

WHY not make your own candy?

It would be less expensive, and just as delicious as that bought at the confectioner's. Here are some good recipes; you will find it worth while to try them.

College Cream

1 pound brown sugar

1 cup water

Boil until it hardens in a little water. Beat the white of one egg stiff and pour the hot sugar over this, beating all the time; when it begins to cream put in desired nuts.

Peppermint Creams

1½ cups of granulated sugar

½ cup water

Boil until it spins a thread. Add six drops of extract of peppermint. Beat until it creams, then drop on glazed paper.

Put the peppermint in after the syrup has finished boiling.

Cocoanut Kisses

1 fresh cocoanut,
grated
½ its weight in powdered sugar

Whites of two eggs
½ teaspoonful flavoring extract

Grate the cocoanut and weigh it; add the sugar, mixing well. Beat the whites of the eggs very stiff, and add them to the grated cocoanut and sugar. Beat the mass hard for five minutes. Add the extract, then drop it in small spoonfuls on buttered paper, and let dry in a slow oven for five minutes.

This will make two dozen kisses.

Chocolate Caramels

2½ tablespoonfuls butter
1 cup brown sugar
3 squares chocolate

2 cups molasses
½ cup milk
Teaspoonful vanilla

Put butter into the kettle; when melted add molasses, sugar and milk. Stir until sugar is dissolved; when boiling point is reached, add chocolate, stirring constantly until chocolate is melted. Boil until when tried in cold water a firm ball may be formed in the fingers. Add vanilla just before taking from the fire. Turn into a buttered pan, let cool and mark into squares.

Cream Candy

1 cup of cream

2 cups sugar

Cook until it forms soft ball when dropped in water; flavor to taste, then beat and pour into a greased dish.

M. B. D.

* * *

Quick Chocolate Caramels

Melt three squares or ounces of chocolate in a saucepan; add three-fourths a cup of butter, one-fourth a cup of red label Karo and one pound and a half of brown sugar. Stir and cook to 244 degrees Fahrenheit by the sugar thermometer. Add a cup of nut meats broken in pieces, and turn into two bread pans. When nearly cold cut into cubes.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4250. — "Is it right to eat the pastry cup or timbale in which creamed chicken or a similar dish is served? Is it right to eat the lettuce leaf on which a salad is served? Is it right to leave a small portion of food on the plate 'for manners'?"

Certain Points in Table Etiquette

It is entirely correct to eat the pastry cup or timbale in which food is served; it is, in fact, more correct to eat it than not. It is, likewise, entirely correct to eat the lettuce leaf on which a salad is served, but since it is often difficult to divide the leaf with the salad fork, it is quite permissible not to attempt to do this, and to leave the leaf untouched. On the whole it is better to eat, at least, a portion of it, since it is a greater courtesy to the hostess to partake of everything edible that is served. For this reason the dishes that used, a generation ago, to be placed on the table purely for decoration are no longer in vogue. Similarly, the inedible forms of garnishing, like roses cut out of raw turnips, strips of leaf-gelatine, puffed up into weird shapes by frying in deep fat, and all the decorations of various dishes that are not edible, are now considered in bad taste, and the garnishings of every dish are not only edible, but are substances that correctly accompany that particular dish.

To leave a portion "for manners" is by no means good form. But to leave a portion because you have eaten a sufficiency is entirely correct. At present, sincerity at table is fashionable, and insincerity is rightly considered an affecta-

tion. In the days of our grandmothers, it was thought polite to refuse a second helping, and to yield to acceptance of it only on repeated pressure from the host. Now, the guest accepts or declines according to whether he has an appetite for more or not, and the host does not embarrass him by insisting that his plate be refilled. So it is with eating the whole of the portion served, or not. Your inclination is to be followed, and if you leave a piece, it shows that you were helped to more than enough, or that you did not like the part you left.

QUERY No. 4251. — "Should Meat be Ripened before eating, and if so would there be any danger of bacteria in the meat while ripening? Why do some canned foods, for instance spinach, cause poisoning if eaten? Should small dishes be used for individual serving of vegetables, or should vegetables be served on the plate?"

Ripening of Meat

The red meats, that is, butchers' meat in general, like beef, mutton, pork, need to be ripened to promote tenderness and good flavor. After slaughtering the meat becomes hard and rigid for a time, and is not fit to use until this condition passes off. The longer it is hung after this rigidity has passed away, the better the flavor, provided always that it is not kept so long that rancidity ensues.

Bacteria and other germs abound in the air all around us, and are found on our clothing, our hair, our hands, if exposed to the air for as little as five or ten min-

utes after washing them. It is unlikely to suppose they will not also be found on meat. But cooking destroys practically all the germs that convey disease, and the others are harmless, if not useful. In times of epidemic all raw foods should be thoroughly washed before cooking, and during certain epidemics it is a risk to use any kind of food, even water, that has not been sterilized by boiling. But warning is given by our Boards of Health when these conditions are present. Ordinarily, there is no reason to fear the germs in meat, if it is from healthy animals.

Poisoning from Canned Food

Sometimes the form of poisoning known as botulism is to be feared when the cold-pack method of canning is used, if the food is not cooked after it is taken from the can. So it is, probably, well to be on the safe side and not to use canned food, fresh from the can, for salads, etc. But we have been notified by the Department of Nutrition Investigations that five or ten minutes' cooking, after taking from the can, makes all cold process foods safe.

Imperfect sterilization sometimes causes poisoning, but this is hardly any more to be feared, since the standard brands of canned food are put up under perfect conditions. A couple of generations ago, when purveyors were new at the business, this was not always the case, but the canning factories of today are thoroughly inspected, and do their work as it should be done to ensure sterilization.

How to Serve Vegetables

Vegetables are now preferably served on the plate with the meat they accompany, unless they are of such a nature, like a thin, stewed tomato, that they would be "runny" and spoil the neat appearance of the service. Because it is thought more correct to serve vegetables directly on the dinner plate, there has been a change in the methods of cooking many of them, and the recipes, which result in forms that keep their shape reasonably well, are easy to eat

with a fork, and do not run all over the plate, are now the most favored,

QUERY No. 4252. — "Please give me a recipe for Nut Rolls. I have eaten these when served with ice cream; they are very thin and crisp, and rolled up like a small jelly cake."

Rolled Nut Wafers

Cream one-fourth a cup of butter (not all substitutes for butter can be used in this dish), until it is as smooth and as white as thick cream. After this condition has been reached, add very gradually one-half a cup of powdered sugar. Next, add, a drop at a time, one-fourth a cup of milk, keeping up the beating after the addition of each drop. The mixture should not be allowed to "grain" or curdle in the least. Lastly, add not quite one cup of bread flour—from three-fourths to seven-eighths a cup is about right, depending on the strength of the flour. Now invert a dripping pan, or deep baking pan, grease the bottom with some fat free from salt, and spread the mixture over it with a broad-bladed knife in a smooth, thin layer. Sprinkle with very fine-chopped nuts, and with the back of the knife make creases in the batter, separating it into squares of the desired size. Bake for a few minutes, until delicately browned. Cut apart at the lines of the squares, and while hot roll into cylinders or cornucopias. They harden and grow brittle very quickly, and if this happens before all are rolled, they may be softened by replacing in the oven for a moment.

QUERY No. 4253. — "Kindly publish a recipe for Fish Chowder, also one for Clam Chowder. I should like very rich recipes."

Rich Fish Chowder

Cut into small strips three or four slices of fat ham, and cook with one large onion, sliced thin, on a pan until onion is nicely browned. Pare and slice six medium-sized potatoes; remove skin and bones from two pounds of haddock, halibut, or other white fish, cut into slices, and arrange in alternate layers of

potatoes and fish, interspersed with the bits of ham, in a deep kettle until all have been used up. Sprinkle each layer with seasoning of salt and pepper. Pour over the whole two cups of fish stock or court bouillon, cover, and simmer for half an hour or until potatoes are cooked. Add one pint of thin cream, let heat through for a moment and serve at once with small pilot crackers.

Rich Clam Chowder

Remove from their shells two dozen clams, and chop them a little. Prepare potatoes, ham, and onion as for Fish Chowder, and proceed as in that dish to make alternate layers of the potatoes and clams, with the bits of ham here and there. Season with salt and pepper, and with one-half a teaspoonful, each, of dried summer savory and sweet marjoram. Pour over the whole the liquor from the clams, cover close, and cook over gentle heat until potatoes are soft. Serve with a tablespoonful of fresh, unsalted butter with each portion, or with thick whipped cream, and small pilot or Boston crackers, toasted.

QUERY No. 4254. — "May I ask the length of Time and the Temperature for Baking both layer and loaf white butter Cakes made with baking powder; also for chocolate cake made with soda, and should the baking begin with a cold or a hot oven, and if with a hot oven at what temperature should it start?"

Temperature for Cake Baking

You will find the answer to another query about temperature in cake-baking in the Queries and Answers Department of AMERICAN COOKERY for November. However, we will answer more in detail here.

The accepted temperatures for baking the cakes you refer to, and the time allowed, we give in the following table.

		Minutes
Layer cake	400° Fah.	20-30
Loaf cake	350°-375° Fah.	40-60
Chocolate cake	350°-375° Fah.	40-60

The more sugar that is used, the lower the temperature should be, to avoid burning. Molasses cakes call for an

especially low temperature. The more butter is used, the higher the initial temperature should be, to "set" the cake and keep it from running.

A different flavor is produced by putting the cake in a cold or cool oven, and gradually increasing the heat, from that which results from putting the cake into a very hot oven, at first, and then decreasing the temperature. The latter is best for rich cakes of small size; the first for large cakes made with a good deal of flour. As a rule, we prefer an even, steady temperature from first to last, perhaps reducing the heat a little towards the end of the baking. No hard and fast rules can be absolutely relied on, since so much depends on the ingredients, also on the depth of the batter in the pan, and whether or not a tube pan be used.

QUERY No. 4255. — "Will you be so good as to tell me how to make the Apple Cake called Strudel, or Hungarian Apple Strudel?"

Hungarian Apfel Strudel

Make a dough by kneading together one cup of butter, one pound of bread flour, one cup of warm water, and four beaten eggs, plus the beaten white of an additional egg. Work the dough in a large bowl until it is smooth and satiny, does not stick to the fingers, and is elastic. This working had better be done by hand. Place the dough on a floured board, cover with a clean towel, and let it stand to get mellow for twenty minutes.

Spread a cloth over a small table (about four feet square); the cloth should be clean and smoothly ironed — an old starched tablecloth is the best — and dredge the cloth with flour evenly and all over. Place the ball of dough in the center of the cloth, and roll with a rolling pin, or pat with hands, until it is a circle about a foot in diameter. Brush over the upper surface with melted fat, to keep it from drying out too much. The dough must now be stretched to cover the table. This can be done by one person, but two are better. The extended hands, palms up, are placed under the dough, the two



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persons standing opposite, and then each one walks slowly around the table in the same direction, while the dough is evenly stretched by using the heel of the hand rather than the fingers, which are apt to tear it. This is the part of the work that requires practice and experience. There will likely be a thick outside border to hang over the table, and this should be cut off with large scissors. Let stand for fifteen or twenty minutes while you mix two pounds of chopped apples, one pound of raisins, chopped, one pound of brown sugar, and two teaspoonfuls of cinnamon. By this time the dough should be of such a consistency that it will not stick when rolled. Now spread a thin layer of the apple mixture, so as to cover nearly all the dough, and then roll like a jelly roll, not by using the hands, but by taking hold of the cloth a little way from the table edge, lifting it, and jerking it in such a way that the cloth rolls the dough. The roll should be light, so as to leave air spaces between the layers. Now turn in the edges and press together so that the juices will not run out, and twist the roll spirally, like a shell, or shape into horse-shoe form, or into a circle. Bake on a greased pan for three-quarters of an hour, or until the roll is crisp and brown. Brush over with butter at the close of the baking. Serve hot, with cream and powdered sugar, for dessert or luncheon.

Well-made strudel will have lacey, delicate layers of the paste, and this effect is the result of two steps; first, of developing to a high degree the elasticity of the gluten in the flour by thorough kneading, and keeping the dough warm during the manipulation. (This is why warm water is used.) Second, by careful stretching of the dough to an even, *thin* sheet. The first step is the more important, the second is the more difficult.

It takes even a skilled worker from one and one-half to two hours to make the strudel.

America is now witnessing the rise of the great meddle class.

New Books

Successful Family Life on the Moderate Income. By MARY HINMAN ABEL. J. B. Lippincott Company.

What is success and how are the great number of families living on the average income in this country to win it? How are they to obtain development and happiness? Are any principles to be laid down or examples cited? Are "disruptive tendencies" as great as has been claimed? Mrs. Abel discusses the subject in all its relations, from income and finances to the satisfactions and pleasures of life. She outlines the problems which each of us must solve in our own way, giving examples and experiences taken from many sources.

The majority of us are debarred from self-expression in the recognized forms of art, but not in the art of living, which includes self-development, the use of all personal resources, and an adjustment of our relations to those near us and to the community. For most of us this must remain the greatest of all the arts, especially as practiced in the family group.

This is more than a book on home economics. It is a broad-minded study, both analytical and inspirational, of the fine art of living. Ethical discussions of home-life abound, but except in studies of the homes of the poor, economic conditions as affecting the character of home-life have not been given sufficient weight. It may be that in the family groups above the poverty line, the reaction of all that concerns spending of the money, what they choose as necessary, and what they reject as non-essential, will be found to be of great significance. The following discussion is addressed to all those who are inclined to give thoughtful attention to the present-day problems of the family. Among those to whom the book may be of special interest are professional students of the social and economic aspects of the family, students of home economics in schools and colleges, men and women who are trying to solve the problems of

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their own homes, and groups of club women who are taking up part-time studies of the home.

Mrs. Abel was a pioneer in the study of home life. The earliest item we can recall on this subject was **PRACTICAL, SANITARY AND ECONOMIC COOKERY** by Mary Hinman Abel. This was a prize essay and is now out of print, we think. The author has been among the leaders in the study of home economics for a quarter of a century. The volume before us holds the results of years of thought, study and experience. The author concludes, "Everything goes to prove that we are doing a cruel and stupid thing in not directing the splendid initiative and driving power of the young to find its scope and expression in constructive home life."

"Certainly the time has come for all educational and social forces to play their part in the development of home life. A sympathetic study of the problem according to scientific methods will go

hand-in-hand with such co-operation." This book was not *made to order*. In its pages are discussed, intelligently, from every point of view, and in detail, the present-day problems of the family group.

Elementary Home Economics. By MARY LOCKWOOD MATHEWS. Boston. Little, Brown and Company.

This volume is intended for use in classes beginning the study of foods and cookery and also of sewing and textiles. It has been arranged for use in the elementary schools and presupposes little training in general science. It is intended for use in schools where one book is desired to cover the entire course, and is strictly an elementary treatment of the subjects.

For this purpose, it is very evident the volume has been attractively and admirably prepared. As an elementary text book, it can be highly commended.

The Vitamine Manual. By WALTER H. EDDY. Williams and Wilkins Company, Baltimore, Md.

The presentation of essential data concerning vitamins to succeeding groups of students has become increasingly difficult with the development of research in this field. The demand on the part of the layman for concise information about the new food factors is increasing and worthy of attention. For these reasons it has seemed worth while to collate the existing data, and put it in a form which would be available for both student and layman. Such is the purpose of this little book.

It has been called a manual, since the arrangement aims to provide the student with working material and suggestions for investigation as well as information.

Since the type of the present manual was set, Drummond of England has suggested that we drop the terminal "e" in Vitamine, since the ending "ine" has a chemical significance, which is, to date, not justified as a termination for the name of the unidentified dietary factors. This suggestion has been generally adopted by research workers and the spelling now in use is *Vitamin A, B, or C.*



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BROOKLINE

Sweet Potatoes with Marshmallows



1 lb. sweet potatoes
3 tablespoons butter
½ teaspoon salt
Hot milk or cream
1 box Campfire Marshmallows

Wash potatoes, cook until soft in boiling salted water, peel and force through potato ricer or coarse strainer. Add butter, salt and enough liquid to moisten. Beat until light, put half the mixture into a buttered baking dish, cover with a layer of Campfire Marshmallows, then put remaining potato lightly on top of marshmallows. Bake until heated through, put remaining marshmallows on top and serve as soon as they are puffed and delicately brown.

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The suggestion of Drummond is sound and will undoubtedly be generally adopted by research workers in the subject.

What is now known about Vitamines; how they were discovered, their chemical nature and properties, also the sources of the same, are herein set forth. The last two chapters of the book, "How to Utilize the Vitamines in Diets," are of special value and import to laymen. Here in about a dozen pages is contained all the information every-day people need to know, and, that is, all that can be known.

Fish Cookery. By EVELENE SPENCER and JOHN N. COBB. Little, Brown & Co., Boston.

In this new book Mrs. Spencer gives over six hundred recipes for cooking fish and its accompanying sauces and dressings, many of which she herself originated. There are recipes for fish broiled, baked, fried and boiled; for fish stews and chowders, purées and broths and soup stocks, etc. In fact, every thinkable way of serving fish is herein described. All the well-known varieties of fish are included, and the housewife will be astounded to discover how many additional ones are available and how valuable are their food properties.

Mr. Cobb, the co-author, is director of the College of Fisheries, University of Washington, Seattle, and the author of numerous works on Fishery. He has contributed valuable information as to the fish themselves, and tables as to their food value, their location, seasons, etc. Thus these recipes are available for housewives in every part of the United States.

This is a very complete and satisfactory book. It leaves little to be said about the care, cooking and service of fish, also of the place it holds in the diet of all peoples.

A Thousand Ways to Please a Husband with Bettina's Best Recipes. By LOUISE BENNETT WEAVER and HELEN COWLES LE CRON. Cloth. A. L. Burt Company, New York.

This is something different from the ordinary cook book. It is styled the



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Romance of Cooking and Housekeeping. In brief, it gives the first year's experience of a young bride's housekeeping, in trying to please a husband and in catering to his tastes.

The daily menus are chosen with discretion and care, and plain, explicit directions are given for the more important dishes of each meal. The plan is well conceived and carried out; certainly the book is not uninteresting.

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"'This is our anniversary and I'm making a speech. You are wise because from the first you've realized that we get out of life just what we put into it. You've faced things. You've realized that marriage isn't a hit-or-miss proposition. It's a business —'

"'A glorified business, Bobby. Dealing in materials that can't all be felt and seen and tasted, but that are, nevertheless, just as real as others. And, after all, romance is really in everything that we do lovingly, and intelligently. I find it in planning and cooking the best and most economical meals that I can, and in getting the mending done on time, and in keeping the house clean and beautiful. And—in having you appreciate things.'"

A story of Lincoln's early political life is told in John Wesley Hill's new book, "Abraham Lincoln, Man of God" (Putnam). It seems that in 1846, during a canvass for Congress, Lincoln attended a preaching service of Peter Cartwright's. Cartwright called on all desiring to go to heaven to stand up. All arose but Lincoln. Then he asked all to rise who did not want to go to hell. Lincoln remained still seated. "I am surprised," said Cartwright, "to see Abe Lincoln sitting back there unmoved by these appeals. If Mr. Lincoln does not want to go to heaven and does not want to escape hell, perhaps he will tell us where he does want to go." Lincoln slowly arose and replied, "I am going to Congress."

Mrs. Knox's Page

DESSERT and CANDY for CHRISTMAS

IN planning your Christmas dinner this year why not try the ever-welcome Plum Pudding, made in the new, up-to-date way? It is so delicious and dainty and makes such a perfect ending to the usual hearty Christmas dinner. It may be made the day before, and no more attention given to it until serving time. I am giving the recipe here and if you try it I am sure every member of your family will feel like extending me a vote of thanks for telling you about it.

Then, too, it would not be a real Christmas unless you had some good, pure, wholesome, inexpensive, home-made candy — the kind you can make with Knox Sparkling Gelatine. This may be served with your dinner or put up attractively in boxes for gifts. I can give only one recipe here but others will be found in my booklets and special candy recipe slip.



KNOX PLUM PUDDING

1 envelope Knox Sparkling Gelatine
 $\frac{3}{4}$ cup cold water
 1 cup sugar
 $\frac{1}{2}$ teaspoonful vanilla
 2 tablespoonfuls lemon juice

1 cup seeded raisins
 $\frac{1}{2}$ cup figs
 Pinch of salt
 $\frac{1}{2}$ cup dates
 $\frac{1}{4}$ cup sliced citron

$\frac{1}{4}$ cup chopped nuts
 $\frac{1}{2}$ cup currants
 $1\frac{1}{2}$ squares chocolate
 1 cup milk
 1 cup coffee

Soften gelatine in cold water ten minutes. Cover raisins and other fruit with $1\frac{1}{2}$ cups water and cook until thick, then add the lemon juice. Put milk in double boiler, add melted chocolate and when scalding point is reached add softened gelatine and sugar and stir until dissolved. Add coffee and salt, remove from fire, and when mixture thickens add vanilla, cooked fruit and nut meats. Turn into large or individual moulds, first dipped in cold water, and chill. Serve with whipped cream or any plum pudding sauce, and decorate with holly.

ST. NICHOLAS CANDY

2 envelopes Knox Sparkling Gelatine

4 cups granulated sugar
 1 cup cold water

$1\frac{1}{2}$ cups boiling water

Soak gelatine in cold water five minutes. Add boiling water. When dissolved add sugar and boil slowly for 15 minutes. Divide into two equal parts. When somewhat cooled add to one part one teaspoonful extract of cinnamon. To the other part add one-half teaspoonful extract of cloves. Pour into shallow tins that have been dipped in cold water. Let stand over night; turn out and cut into squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavors, such as lemon, orange, peppermint, wintergreen, etc., and different colors, adding chopped nuts, dates or figs.

Other Christmas Recipes

My booklets contain other Christmas Desserts, Salads, Candies, etc. Sent for 4 cents in stamps and grocer's name, together with my special candy recipe slip.

Any domestic science teacher may have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

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The Silver Lining With Colors to Match

Two South Carolina negroes serving with the A. E. F. in the southern part of France were astonished to find among the French populace a liberality touching on the drawing of the color line of so broad a character that it practically meant drawing no color line at all. The idea especially appealed to one of the pair. Lounging on the dock at Brest one fine day, he expounded his views to his friend.

"Yas, suh," he said, "I thinks dis yere war is sho' gwine mek things diff'unt at home f'um whut dey wuz in de pas'. So des ez soon ez I gits back to old Spartanburg I aims to buy me a suit of w'ite clothes—all w'ite fum haid to foot—and go walkin' down de street wid a w'ite pusson, bound fur de soda fountain. Whut you aims to do w'en you gits back?"

"Me?" said his friend. "Well, I aims to buy me a suit of black clothes—all black f'm haid to foot—and go walkin' down de street behine you bound fur de cemetery."

He gazed off into space a moment.

"Me, I don't 'speck to find things so ver' diff'unt w'en I gits home," he added.

"What, giving up already?" said a gentleman to a youthful angler. "You must bring a little more patience with you next time, my boy." "Taint patience I'm out of, mister; it's worms," was the reply. — *Boston Transcript*.

Sunday-school Teacher: "Nancy, why must we be kind to the poor?"

Nancy: "Please, teacher, because in these days any of them might become rich." — *Sydney Bulletin*.

"By Jove! Isabel, when I see by my account that the car has cost us over a thousand this year, I get cold feet." "Well, Henry, don't blame me. I advised you not to keep an account." — *Life*.



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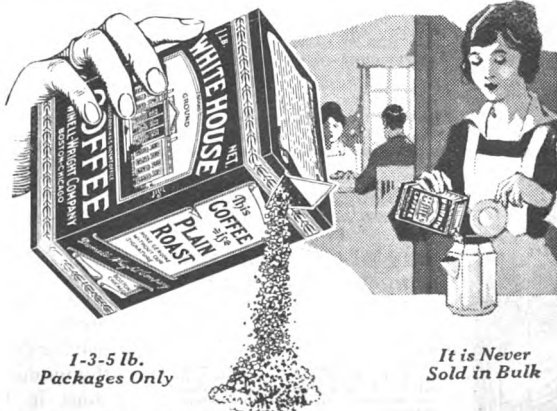
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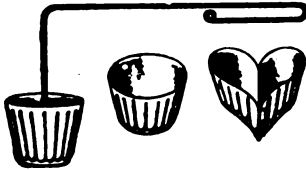
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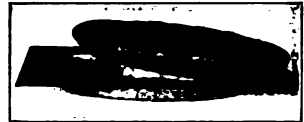
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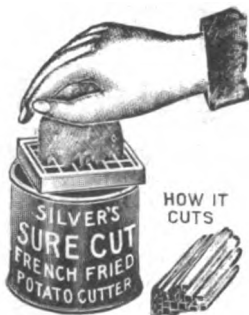
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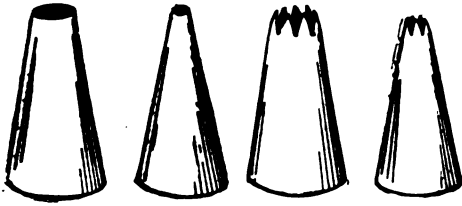
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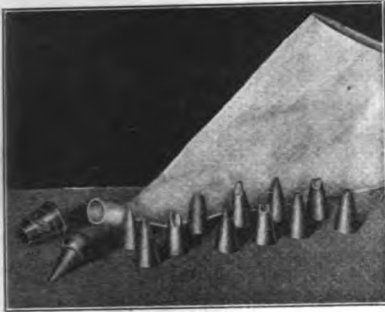


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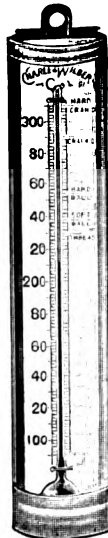
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AMERICAN COOKERY

Vol. XXVI

JANUARY, 1922

No. 6

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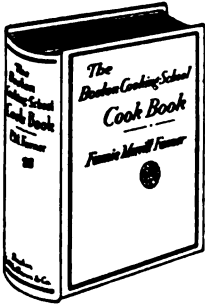
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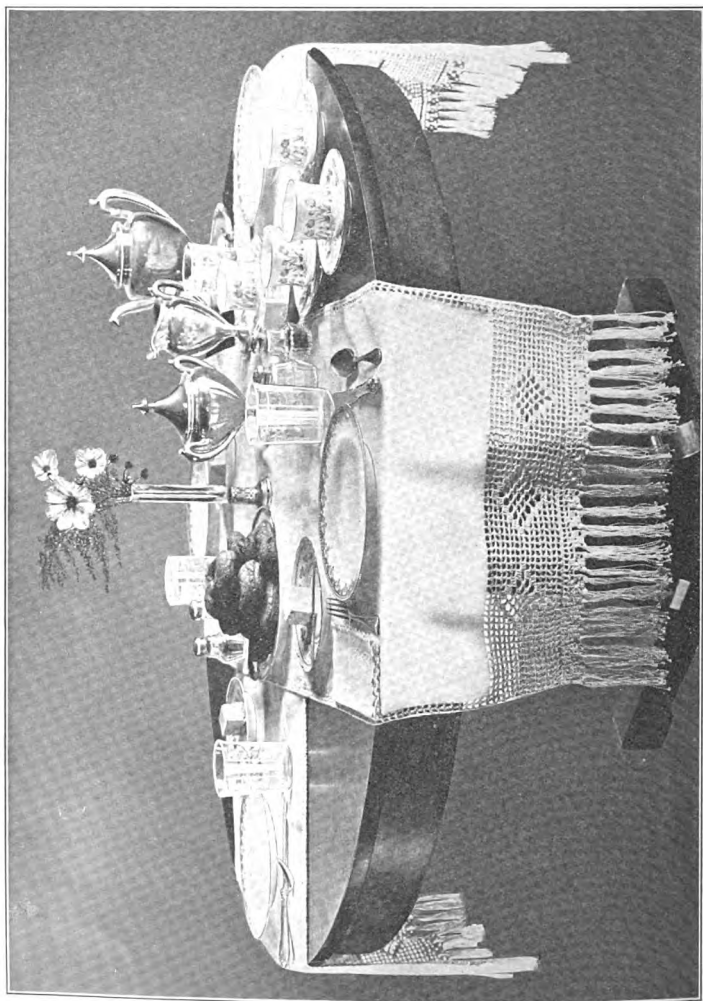
O bright New Year, O blest New Year,
With opportunities divine
That token joy, success and cheer —
Withal — the power to own is mine!

Thou link'st the future with the past —
With present duties to the fore, —
Thy treasure stores of hope are vast.
Ah, who could ask for any more?

To friendships of the yesteryear,
That time has proven choicely true —
Thou would'st not have me hold less dear
While I invite thy friendships, new.

As falls the curtain on the old
Year, friend to all who made it so,
I greet with confidence untold
The blessings that thou shalt bestow!

Caroline L. Sumner.



TABLE, LAID FOR BREAKFAST

American Cookery

VOL. XXVI

JANUARY

NO. 6

The Small Home

A MODERN HOUSE WHICH COMBINES EFFICIENCY WITH LOW COST

By Sigrid Sittig

WHEN we determined to build our home, we first considered the location of the lot on which it should stand. We decided upon one of Chicago's suburbs, far enough from the heart of the city to have its streets lined with magnificent oaks and elms, yet near enough to allow of our reaching the loop in forty-five minutes via the railroad. We purchased a lot, fifty by one hundred and eighty-seven feet.

With these four main ideas in mind we went to work to design our home, — it must be artistic; it must be efficient from the standpoint of the housekeeper; the cost must be low; the rooms must be large. The first thing we did was to reject the bungalow style of architecture, for in it, two of the costliest items, — roof and foundation — are larger than in the two-story house. We decided to have the best, or as near the best as we could afford, for the foundation and roof, so we specified concrete foundation, and asphalt shingle roof. The latter is fireproof, and is not as expensive as an asbestos shingle, or tile roof, while it wears as well. For the exterior walls we specified natural gray stucco on wood lath, the expanded metal lath proving too expensive. The trim we decided should be white, and the roof dark red.

The floor plan we made square for economy in heating, and without bays or other costly projections. We chose a hot-water heating system as the ideal system for the home. The boiler stands in the north half of the basement, with the coal bin at one side. An eighty-gallon

tank of water is kept hot for household use by a small laundry stove, burning about two and one-half tons of chestnut coal per year. Two stationary laundry tubs stand just beneath two windows in the south wall. The floor of the basement is cement.

Now, let me take my reader up the front stairway and into the house. The fifty-foot building line leaves a beautiful stretch of green before the homes on the street, from which we pass through the screened-in porch to the reception hall. The walls are a soft brown, the ceiling cream, the trim fumed oak. Through the opening at the left we pass into the living room. It extends the full length of the house, and is living room and dining room in one. Despite the fact that the house is small, we have achieved here a real spaciousness. The brown walls offer a harmonious background for the sturdy Craftsman furniture of fumed oak. In the south wall, between the openings to the reception hall and to the kitchen, is the open fireplace, in which a log fire crackles merrily on chilly evenings. It is of light gray brick, a brick which gives the impression of cleanness, and has not the suggestion of warmth during the summer months, as has red brick. The three windows in the north wall are flanked by two small windows, from which graceful pink tulips shed their cheer and beauty from a field of amber, all the year round. Extending along the east wall is a built-in window seat, which gives a touch of individuality and is most useful as well. The passageway to the kitchen



THE SMALL HOME, OUTSIDE VIEW

is wide enough to permit of removing the dining table to the kitchen, in case we wish to dance. Suspended in the center of the light-cream ceiling is a semi-indirect bowl, controlled by an electrolier switch allowing of three intensities of light. This light casts no shadows; is clear without being intense; relieves all eye strain; is, on the whole, the ideal light.

The kitchen has south and east exposures, and never a sunny day but that the gay dancing sprites find their way in. Both east and south walls have a window, the one on the south deserving special comment. You will see from the illustration that it extends over the length of my sink. It hinges at the top and opens inward. Not only does it give light, but

imagine the pleasure of snatching a peep at the Great Outdoors or smelling the fragrant breezes from the garden, the while one is employed at the prosaic occupation of dish washing! An inverted, semi-indirect bowl is suspended from the center of the ceiling, and gives excellent general illumination. To give intensive illumination, we have two wall fixtures, one at the right of the stove and one at the right of the table. The lighting of the kitchen cannot be given too much consideration. Too often we see excellently planned and artistic fixtures everywhere but in the kitchen, where a single unshaded bulb testifies to the lack of intelligence on the part of the designer.

The ideal kitchen must be large enough to contain all its fixtures and furniture without crowding. I have seen kitchens so small that a single misdirected move on the part of its occupant would have the gravest consequences. The other extreme must be as surely avoided; the too large kitchen calls for a wasteful expenditure of time and energy. The size of the kitchen should be in direct relation to the size of the stove, sink and table that fit your tastes and requirements. Having chosen your fixtures, the dimensions and wall spaces may then be planned.

The pantry is at the north-east corner of my kitchen. Many women combine pantry and kitchen by having the walls of the latter lined with cupboards. I prefer my light, well-ventilated pantry shelves. Against the south wall is the sink, and in the north-west corner, the stove. I consider that this is the best arrangement, the sink between the table and the stove. In the wide passageway, which aids in the impression of largeness we have attained in our home, is the china closet. The lower part of it contains drawers for silver and linen. A glance at the floor plan will show how convenient the location is to both kitchen and dining table.

When it came to providing a door for this passage, we decided that a sliding

door would rob the pantry of space, that it could ill afford to lose. Therefore the genius of this partnership (*not* the author) designed a door that stands unobtrusively against the east wall, when not in use, and that slides into place by means of horizontal rollers which run in a groove at the top, and ball bearings which run in a rounded groove in the floor, when pulled by the handle.

In deciding upon fixtures and furniture, we chose sanitary and well-made articles. Our refrigerator is lined with a one-piece porcelain lining, and is placed in the east end of the pantry, so that the ice-chamber opens on to the porch. Our table is all white; the top an enameled zinc plate, screwed to a wooden base. This table is not nearly as expensive as a marble or glass-top table, is just as sanitary, and has this advantage—the zinc plate can be unscrewed, re-enameled, and presto! we have a brand-new table. Our sink has two drain boards and a splash board running the entire length. The faucet, for there is but one, admits of tempering the water, and there are many little advantages to the swinging nozzle. The oven of the stove has a glass door; the stove is so placed that a good light penetrates the oven from both window and lighting fixture. The stove is enameled, and is cleaned with a damp cloth.

Neat, well-made fixtures, well arranged, tend toward making an artistic room; add to this harmonious decoration, and what worker could ask more? The lower half of the walls are painted the blue of October's skies, the upper half and ceiling are a neat and tasteful tan. The linoleum (here I think we achieved a triumph) resembles granite—a brown and white speckled surface. It is clean looking and attractive, a veritable find, after the rolls and rolls of hideous staring patterns that were precipitated before us by suave salesmen. The woodwork is natural birch.

We pass from the kitchen



THE FIREPLACE

through the hall, and up the stairway to the second floor. On the north wall of the upper hall is the linen closet. It contains a spring door, opening to the clothes chute, which leads to the basement. On either side of it are the two bedroom doors, opening into large, light and well-ventilated sleeping rooms. Each room contains two wall fixtures, so placed that the bulb is effectively screened from the eyes. The west room is decorated in yellow, and the afternoon sunlight makes it a bower of gold. The east room is in blue, and is most attractive early in the morning. The trim in both rooms is natural-finish birch.

The bathroom has a white tile floor, white cement-plaster lower walls, marked to represent tile, and white painted upper walls. The woodwork is also painted white. The bathtub is the built-in article, and requires no cleaning underneath. There is also a shower. Two



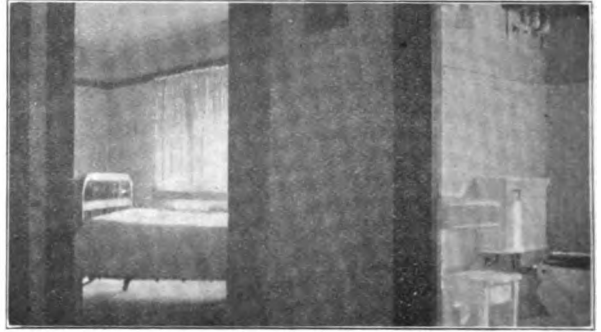
EAST END OF THE LIVING-ROOM

lighting fixtures are placed, one on each side of the mirror in the medicine cabinet, so that both sides of the face will receive equal illumination when shaving.

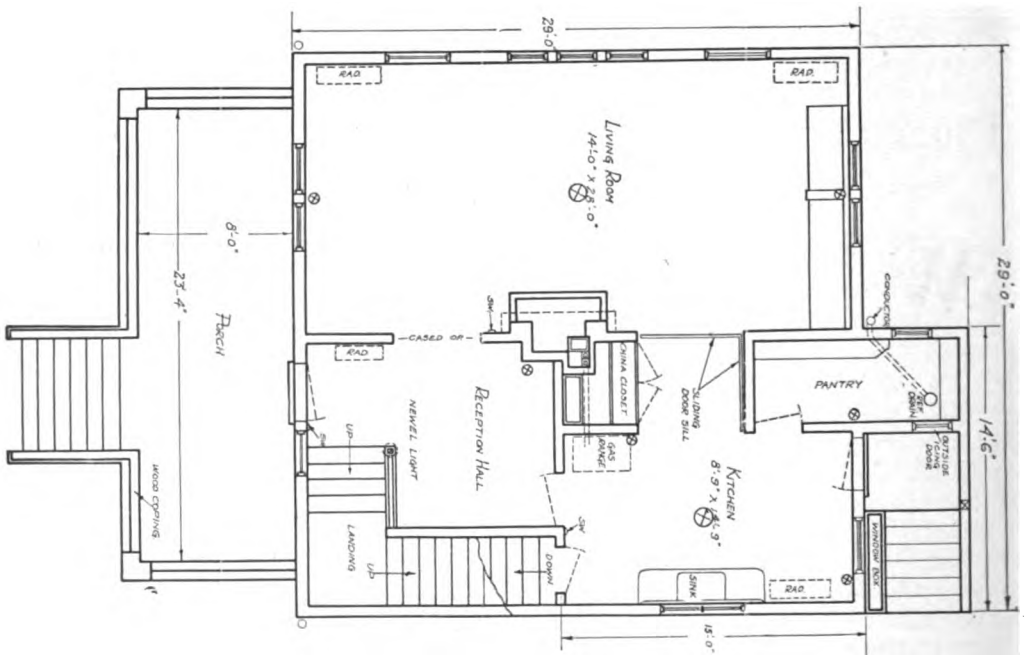
The attic is reached through a trap door in the ceiling of the clothes closet. It has a yellow pine floor, which helps to keep the second floor warm in winter. There is a skylight in the roof, which allows of reaching same for repairing, and also serves as a ventilator on hot summer nights.

The result is an artistic home, with large, though few rooms; efficient from the standpoint of the housekeeper, because the arrangement is convenient,

because all the furniture and woodwork is plain and simple, and because the bathroom and kitchen are sanitary and easy to keep clean.



BEDROOM AND BATH



FIRST-FLOOR PLAN





TEA-ROOM AT FRANCONIA, N. H.

Pluck and Personality in the Tea-House Business

By Ella Shannon Bowles

WHAT made us decide to take up the tea-house business?"

Mrs. Elizabeth Pierce, one of the owners of the popular Valley Road Tea House, which is in the tiny mountain village of Franconia, New Hampshire, paused in her work of arranging the flowers on a table and gazed at me reflectively. "Why, you see I have three children to educate and I need money for the purpose. I knew that 'the world and his wife' are invariably interested in good food, and it seemed to me that if I could furnish such portion of the world as visited our part of the country with delicious things to eat, I might make our dreams come true. Two years ago my sister offered to help me, and the result is that my educational fund is well started and my venture is successfully launched.

"The first problem confronting us was how to raise the funds, and I really think

that in order to make a success of the tea-house business, a person should have a nest-egg of at least two thousand dollars. There are various methods of raising it, or of borrowing it, but the ideal way is to have saved up the money one's self. It gives one a sense of security to know that the money so necessary to forward the business is without 'strings.'

"In the beginning, we were undecided about our location. We realized that we should be accessible to a well-traveled automobile road, but we had always pictured some artistic place in a setting of great beauty. This dream didn't materialize, however, and we were obliged to take a building which, in many respects, was disappointing. It was practically new, to be sure, but plain and inartistic, and the interior was really hideous. Still it had the advantage of being on the direct road to the 'Old Man of the Mountains' and the beauties of the

Franconia Notch, was in easy walking and motoring distance of the large summer hotels of the White Mountain district, and next to a good-sized garage, where many tourists stop.

"The building, itself, had two rooms. One we used for a kitchen and the other for a gift-shop and tea-room. We immediately added a large veranda, which we have used for serving teas except on cold and rainy days. We were really proud of that veranda, when we had arranged our furniture, hung the awnings, and decorated it with vines and window boxes, filled with gay flowers, and we truly feel that it has added greatly to the success of the place. This year, we have built on another kitchen, and we are using the old one for a tea-room, and next season we shall be financially able to extend the piazza. We do not hurry our building operations, because we believe that it is best to move slowly and carefully.

"We chose our outfit for practicability as well as for beauty. It was difficult to select from the many artistic articles shown us at the wholesale places, but we tried to keep level heads. So we purchased a good quality of dishes with a pleasing and unusual pattern, and se-

lected Windsor chairs and plain, round tables, which we ordered stained a soft apple-green color. We made napkins and tea-cloths from unbleached muslin, decorated with patchwork tulip designs of yellow and green chambray. Our kitchen equipment is very complete, for we believe in having tools to make our work as easy as possible. Last year, we used a four-burner oil-stove, but this season we have purchased an electric range, and I must tell you that never have I found anything so satisfactory for making toast, as the oven of that range.

"The gift-shop part of our establishment was planned primarily to entertain our patrons. We have many pretty things for them to see, and, incidentally, they buy extensively. Some of our articles we get from firms supplying gift-shops, but many of them are consigned on commission by the makers. We ask 20 per cent from out-of-town consignors, but from the women of the village and outlying farms we get but 10 per cent, as we are anxious to furnish a market where our own people may dispose of their handiwork. We accept only articles of the best workmanship and made of excellent materials. We get our balsam



THE VERANDA

pillows from a wholesale dealer, and our maple sugar from a local dealer who has built up a splendid reputation in making maple dainties. We carry a good line of commercial candies and have worked up a splendid limousine trade in the home-made variety, which one of my daughters makes. Of course, we sell tobacco, cigarettes, soft drinks, and the best commercial ice cream we can buy.

"Help is somewhat of a problem to us. We do every bit of the cooking ourselves, then we know what goes into the food, how it is going to taste, and it is less expensive for us. An elderly woman, who has made a great success of the tea-house business, said to me, 'Now, my dear, if you wish to make your tea-house a paying proposition, hire all the other help you desire, but be your own cook.' We have an older woman for an assistant in the gift-shop, for we think she adds a certain amount of dignity to our establishment. We also have a trained domestic science helper, a teacher on her vacation, and one of my own young daughters assists in serving.

"But it's food that we study and know, and we feel that it is this thorough knowledge that has given us our reputation and success. We also make a point of absolute honesty. For instance, if we are asked to make a club sandwich, and are out of chicken, and are obliged to substitute lamb or tongue, we tell our patrons frankly. We buy the best of everything and try to serve our dishes as perfectly as possible. We feel repaid when we hear people say, 'Isn't this toast crisp and hot?' 'Why, this is real cream!' 'Did you ever taste more delicious coffee?' Moreover, it is 'good business,' for these people are our real advertising agents, and do more to help us than all the signs along the road. At first, we served only teas, but now, to satisfy many requests, we give breakfasts, luncheons, small and simple dinners, and put up basket lunches for picnic parties and for motorists. We also sell home-cooked foods, but specialize on a few dishes instead of attempting

too great a variety, or expensive dishes.

"I suppose I had an advantage in knowing many of the summer guests through a former business. They were interested in my venture, but I want to tell you right now, if I hadn't had a satisfactory tea-house, their interest would have waned.

"My sister occupies the important position of business manager, one of the essential features of all business projects. When we started, we did not know just what to ask for our work, but we have now established prices that we feel will give satisfaction to our customers and yet allow us a good profit. Our books show that our business is steadily growing and we are adding many new customers to our regular patrons.

"Why do so many tea-houses grow up like mushrooms in the night and then die out? I think chiefly because the girls who start them do not realize the hard work involved, for it is hard work and the hours are hideously long. Tomorrow, I have a large order of cakes to deliver, and I shall be obliged to work late tonight making them.

"What qualities do I think a girl should have to be successful?" Mrs. Pierce smiled. "Well, it's just like this — the health, strength and disposition to work like a street laborer, a business sense, a knowledge of foods and almost perfect cookery, an ability to see details, a pleasing personality, a gift for mingling with people, and an undaunted spirit that will not quail at an unpleasant difficulty which may arise. Then if she is willing to start in a modest way and grow slowly, she will find that results will astonish her."

Successful Recipes from the Valley Road Tea House Club Sandwiches

For each sandwich, toast two slices of bread carefully and spread with butter. On one slice of toast lay crisp, fresh lettuce, then a layer of ripe tomatoes, a layer of sliced chicken, and another layer

of lettuce. Cover with a rich salad dressing; top with two or three crisp bacon curls, and cover with the other slice of toast.

Salad Dressing for the Sandwiches

Mix together one teaspoonful of mustard, one tablespoonful of sugar, one-half a teaspoonful of salt and the yolks of two eggs. Then drop in slowly one scant half-cup of melted butter, and *very slowly* one-half cup of vinegar, and add the beaten whites of the eggs. Put mixture in a double boiler and let cook until thick. When cool, add one cup of whipped cream.

Maple Sugar Cream Cake with Maple Sugar Frosting

Mix one cup of maple sugar with one egg. Add one cup of sour cream, a level teaspoonful of soda, two cups of pastry flour, one-half a teaspoonful of cinnamon, and a pinch of salt. Bake in Washington pie tins and top each layer with a boiled frosting, made by substituting one-half a cup of maple sugar for part of the white sugar.

Cinnamon Toast

Make well-browned slices of toast, and butter. Spread with scraped maple sugar mixed with cinnamon.

As a Man Speaketh

By Alice Margaret Ashton

WITH a last futile struggle and a guilty glance at the old clock, Aunt Martha took down her shawl from its nail behind the kitchen door.

"Pa had no business going off down town and leaving me alone," she scolded, as she sped briskly along the well-worn path through the naked orchard. "Take a gloomy morning like this and a body needs company—young folks to sort o' cheer—"

"Come in," invited a voice from within Betty Jackson's closed side door.

Before Aunt Martha's astonished eyes sat two gingham-clad persons. They were charming. They were young. Yet a glance sufficed to show that cheer was a stranger to them.

"My goodness! Anything happened to you children?" Aunt Martha sank into a chair, allowing her shawl to slip unheeded from her apprehensive gray head.

"Guests!" exclaimed Betty Jackson, tragically.

"Oh, well, unexpected company needn't upset good housekeepers like both of

you are," comforted Aunt Martha.

"They are not unexpected," volunteered Grace Gordon. "They are too—*expected*," she ended with a nervous giggle.

"We invited them, Aunt Martha, and we want them—in a way, you know. It's Jack and Lucile Cunningham."

"Why, I supposed —," struggled Aunt Martha, "I supposed —"

"They are," agreed the young matrons before her; "you supposed exactly right. They are among our dearest friends. We all think Jack Cunningham is the salt of the earth. And Lucile is sweet and dear. But she —"

"I'll tell you, Aunt Martha," elucidated Betty more clearly. "We love Lucile. But she's exactly like a too late and too elaborate theater supper—she leaves a bad feeling next morning.

"Your lamps and candles are so quaint," she says. 'But isn't it dreadfully troublesome to keep them in order? And what do you do when you want a real light?'

"I'm always tired to death at this

time of year; we try to get round to see all the new plays. What do you think of—?" And finally she ends her dissertation by inquiring naïvely: "When *have* you girls been into town, anyway?"

"Yesterday," observed Grace Gordon, "Betty and I were two of the happiest and most care-free mortals on this earth. Today we are the two most apprehensive. Tomorrow we shall be just plain sorry for ourselves to think we have to use lamps, and cannot go to a *matinée* every afternoon and carry our dinner home afterward in pasteboard boxes!"

"How about day after tomorrow?" inquired Aunt Martha anxiously.

"Oh, we shall be getting over it by that time—just as we should the theater supper!"

"Aunt Martha will think we are dreadful," observed Betty, contritely.

"Mercy, no," contradicted that lady, comfortably. "Don't I know? Don't every generation and every community have just such folks? But I've learned one thing—"

"Oh, do tell us! If there's any antidote for such friends as Luce Cunningham—for friend she certainly is, and we are all fond of her."

"Well, now, folks do a surprisingly small amount of real thinking," said Aunt Martha, musingly.

"They're pretty apt to accept our valuation of our own ways of doing things, if we put ourselves out to impress it upon them."

"If you really like this way of living best, and you make it clear to Lucile, she'll be very apt to see it same as you do."

"I've got to run along home. But you think that over—both of you. And try it out on Lucile tonight," she ended with a laugh.

"We couldn't wait another minute to tell you all about it." Aunt Martha hadn't finished her breakfast dishes, just for her and Uncle Wallace, when her two nearest neighbors appeared at her door next morning.

"It worked just fine, Aunt Martha. It's just as you say—people are ready to accept you largely at your own valuation!"

"Grace's living room was a dream with the old fireplace and the candles and the easy chairs."

"This is a joy," Lucile exclaimed, as she sank into the easiest chair in the cosiest corner. "But doesn't it get monotonous after a while?"

"Monotonous? we scoffed. Where's the monotony? Why, Lucile, you do not realize!"

"Every Saturday evening and lots of other nights all summer we packed our supper and drove to the most glorious places you ever saw and simply luxuriated in bathing and sunsets and views and moonlight."

"And now we are having such cosy times—open fires and popcorn and apples and fudge! And we have already read stacks of books and all the latest periodicals. And Saturday afternoons we all take tramps and come home just ravenous for the supper we put in the fireless before we started."

"Then we just paraded our pantries and cellars and store-rooms before her eyes and told her what things cost."

"And we took her over to Betty's to see all the improvements they have put in this fall."

"I even took her into my room and showed her my bank book," confessed Betty, shamelessly.

"Course we can run into the city any afternoon or evening we wish, we assured her, but truly we do not care to very often, Luce, there are so many interesting things to do right here at home!"

"A country home is different from a city one, you know. It has to be more complete, more self-sufficient, you see."

"Yes, I do see," Lucile admitted as sweet and honest as an angel. "She had never *meant* to leave that unpleasant after-effect, you understand. She had really felt sorry for us and our way of

living, and we had been such weak ninnies as to allow her to feel that way.

"She enjoyed everything. And praised everything. And after supper, while the boys were smoking, she ventured rather questioningly: 'I've been wondering if Jack and I wouldn't be better off in a place like this? You all seem so happy and prosperous and contented!'"

"Think it over carefully, Betty advised. If you think you'd really like it, rent for a year and try it out.

"We do find it a less expensive way to live, and we like it and like the money we are able to save. But, of course, that isn't saying that every one else would enjoy it."

"Now, what do you think of that?" demanded Betty. "Lucile actually went home wondering and a little envious of our happy times."

"And we really enjoyed her visit, and are not feeling sorry for ourselves afterward," said Grace.

"After all," admitted Betty, thoughtfully, "I think we were some to blame. We were envying Lucile her kind of good times or we shouldn't have minded her sympathy so much. It really is funny, but in trying to convince her we really convinced ourselves!"

"Oh, well," said Aunt Martha, "we all have spells, occasionally, of wanting to keep our cake and eat it, too."

Fine China

By Julia W. Wolfe

MANY women who are connoisseurs in laces, jewels and pictures are quite at a loss to distinguish the various styles and epochs of china. "Dresden," "Sevres," and "Worcester" are all one to them, while "Spode" is such an ugly word they never dream that it stands for something especially rare and fine in the world of pottery.

Let us take up "Spode." It is the old English ware—a heavy earthen ware of soft paste, first made for royal and ducal families, and was a great luxury; the ware was heavy, not as durable as the granite ware of the present day, and was usually decorated with vines of ivy and cabbage roses, or some "set" pattern, usually of deep blue. This pottery was one of the oldest in England, having been established about 1770. Pieces of Spode, broken sets, etc., are frequently found in antique shops, and command all the way up from \$75 to \$600, depending upon the number of pieces in the set and the state of preservation. This pottery was discontinued about 1833, and the china now sold under the name of "Spode" is all in imitation of the original ware.

Going into a beautiful dining room, this summer, the writer noticed two great blue platters suspended from the wall; they looked almost like pieces of tapestry, very ancient and heavy. In the center of each was a picture of a castle with women and children standing beneath weeping willow trees, while some very placid water appeared to be flowing through the peaceful "midst." "From where did you get those beautiful treasures?" I asked my hostess.

"Mother used them to dry cherries on until a visitor caught sight of them and offered her a large sum of money, if she would sell them to her. We began to look into the matter and found they had the old Wedgwood mark of 1769; the set was a wedding present to my great grandmother, who was married during the Revolution."

And there they hung, fruit stained, but almost priceless, a striking testimony to the housewifely industry and economy which put the broad, ample platters to such homely and practical use.

English pottery from Coalport is greatly prized; these potteries supply some of the

richest ware now on the market; the decorations are very elegant and artistic portraits so delicately tinted they look like ivory; striking green and gold effects. Cups and saucers bearing this brand sometimes sell for \$40 each.

The Wedgwood pottery was the earliest English make, and this ware still compares favorably with the finest china produced today. Some of the Royal Dresden patterns are copied from the early Wedgwood designs. There are some beautiful things in Wedgwood, done in copper lustre, which, by the way, is an entirely new thing in the way of china decoration. This is produced by overlaying copper on china or glass, and so colored as to resemble painted ivory, only it has a brighter lustre. Beautiful cups and jugs of Wedgwood in copper lustre can be had from \$20 up.

The present tendency is to prefer the English China—Mintons, Coalports, Worcester, Derbys. These come in the greatest variety of style and richness. In imitation of old Spode, Dresden, Empire and Wedgwood designs, modern plates can be bought as low as \$10 per dozen, up to \$24 per dozen, in the open stock patterns.

Good English porcelain, in artistic designs in sets, may be bought for \$75—sometimes less. Then there is the Carlsbad, a good, medium-grade china, which comes more reasonable, and when you reach the Haviland china, there is no end to the tempting designs, beautiful shapes and delicate colors. This ware is all imported and each piece bears the name, Haviland, with either an "L" or the word Limoges in red on the reverse side. In the open stocks many pieces can be had in delicate designs in violets, thistle-flower, old-fashioned, delicate sheep's sorrel patterns, with pale pink flowers and pale green leaves.

In many china shops one usually sees a table, having upon it a few odd pieces and broken sets of a showy, blue-and-white pattern—most often tea-sets—testifying to the passing of the Delft.

The dear, queer, over-done Delft! This is a ware of which a little is as good as a feast, and more than a few pieces make a collection seem decidedly common; but for all that, no china cabinet is complete without its Delft creamer and tall teapot, with its never-going windmill and demure maiden.

Costly Minton plates in *pâte sur pâte* work are worth \$150 to \$200 apiece and look like delicately cut cameos, as they rest in their satin-lined boxes. These plates bear heroic subjects, such as: Meleager and Atlante, the Fates, etc.; these will be found to bear the Royal Dresden mark. *Pâte sur pâte* (paste on paste) is a somewhat late development of china decorative art, admitting, as it does, of infinite variety of design and exquisite nicety of execution. There are all sorts of fine subjects chosen by artists who work upon these miniature designs: The Toilette of Venus, Diana's Hunt, etc.

In Wedgwood ware the raised figures are moulded and set on the foundation. In *pâte sur pâte* the figures are wrought in the clay while it is yet moist, and the result is the more artistic.

On a rare old banquet set, designed for Charles X, bearing the Sevres mark of two C's and the date 1824-29, there are ten subjects in the design such as: "Les Fruits," "La Poesie," etc., while one set of plates bears the design of a cluster of cards like a dancing score, tied with a ribbon, the center card being inscribed, "Sallies," "Bons Mots," "Repalties," etc. This set is in the Empire style of decoration—bands of old-fashioned roses and pansies.

It is often impossible to distinguish the pottery or the make of china by the surface pattern, as Dresden manufacturers copy old Wedgwood designs, and Worcester potteries produce designs in imitation of Dresden ware. In order to tell china correctly you must look and know the mark on the under side.

Porcelain is a fascinating study, and we learn, with pleasure, that American potteries are in a fine way holding their own.

An Apartment Schedule

By Phyllis K. Ockert

THE woman ordinarily considered to be most concerned with schedules and systems for housework; that is, the woman whose work involves a fairly large house, and who numbers several children, as well as grown-ups in her family, probably feels that the woman who has no children, and only a tiny apartment to care for, has no problem at all, that her housework amounts to nothing and her days may be days of ease and pleasure. This was my opinion, too, when I gave up a large-sized job and applied myself to keeping house in "three rooms, bath and kitchenette" — without a system. I discovered then that if my days were not entirely full, they were too broken up to be good for anything outside of housework. I had been in the business world too long to want to leave it altogether, but full-time work away from home did not seem advisable, and I thought that the best economy would be to make a small income go as far as possible, by doing my own housework and applying the large amount of spare time, which I was sure would be left, to a job which could be made to fit irregular hours. When I found, after a little experiment, how few and how scattered these hours appeared to be, I began to look about for the trouble, and to realize that the difference between the many young women who live in small apartments, and either find their time too much taken up to allow them any outside interests, or who ease their burdens by hiring part of the work done and serving canned and delicatessen meals, and the few who can successfully manage a business and an apartment, which is also a home, is the difference between system and the lack of it.

The result of these observations was a working schedule, which so concentrated and arranged the work that by

its help I am able to do all my own sewing, part of the washing, all of the ironing, cooking and cleaning, and to be assured of three whole days each week to devote to my "job."

In working out a schedule of this sort, I endeavored to make the work fall into order on the days when it should logically be done. Following this plan: as Sunday is the day when freedom reigns and members of the household work, rest or play, as the notion takes them, and by evening the sitting room is littered with books and papers, paints, brushes and cigar ashes, while the kitchen is a woeful sight, Monday is made the logical day for house cleaning. On Friday the flat work and rough dry bundles go to and return from the laundry, so that seems the right day for washing stockings and finer clothes and linens, which I do myself, and for doing all the ironing. If Sunday is to be the desired day of freedom for every one, part of Saturday must be spent in marketing and cooking. By giving the apartment a fairly thorough cleaning on Monday, daily dry-mopping and dusting will keep it in good condition until Friday, when the rugs are swept again. Meals are planned twice in the week, on Monday and Friday, and as much shopping and ordering ahead as is possible are done on those days. By thus concentrating the work into the beginning and end of the week, the three days in the middle of the week are left free. The schedule, in detail, works out as follows:

Monday:

- | | |
|--------|--|
| 7.30-8 | Breakfast. |
| 8-12 | Clean thoroughly.
Plan meals for Tuesday to Friday, inclusive.
Order groceries, non-perishable vegetables and supplies for next four days. |
| 12-4 | Free time. |

- 4-6 Go to market.
Prepare and serve dinner.
- Tuesday, Wednesday, Thursday:*
7.30-8 Breakfast.
8-8.30 Make beds; dry-mop and dust, and straighten house.
8.30-4.30 Devote to "job."
4.30-6 Prepare and serve dinner.
- Friday:*
7.30-8 Breakfast.
8-10 Sweep rugs, dust and straighten house.
Put up laundry to go, and put away clean laundry.
Plan meals for Saturday to Monday, inclusive.
Order groceries, etc., for the next three days.
10-2 Wash and iron.
2-4.30 Free time.
4.30-6 Prepare and serve dinner.
- Saturday:*
7.30-8 Breakfast.
8-12 Straighten house.
Go to market.
Prepare as much as possible of Sunday's meals.
12-4.30 Free time.
4.40-6 Prepare and serve dinner.

Exercise and recreation are not left out of the week, although they do not actually appear on the written schedule. Evenings, Saturday afternoons and Sundays are kept as free as possible for social engagements and out-of-door "bats." The free times on Monday and Friday afternoons, which may sometimes be stretched a little longer, give me from six to eight hours each week for sewing, shopping, calling or entertaining. Luncheon or afternoon-tea guests are invited on Mondays, and on Tuesdays, Wednesdays and Thursdays I meet for lunch my friends who are still in business.

Schedules, like rules, are made to be broken, and it is impossible to hold inflexibly to any system ever made. But it is infinitely easier, even in housekeeping on a small scale, to work by a schedule, which can be adapted and changed to meet the many emergencies of home-making, than to face those same emergencies with no definite plan in the background. And the knowledge that free time is really free, and not stolen from something that ought to be done, is a source of constant joy and comfort. One may adapt schedule to her own needs.

A Snow Song

Drifting down, drifting down!
Light as a dream, from the far off sky,
Flitting gaily o'er field and town,
Ever the wild, white dancers fly.
Tenderly touching the ragged trees,
Veiling their sombreness, drear and brown,
With a mantle fair, which a King might please.
Drifting, drifting, drifting down!

All that was left of her torn array,
Ragged and brown, unkempt and old,
When the Autumn laughed and danced away
With her fairy hosts of red and gold,
All is veiled with a covering light,
Withered blossoms, and leaf's brown mould.
Still they sleep, through the long, long night,
'Til Spring shall come with her kiss of gold.

Fields enchanted, and woods a'dream,
Ermine crested, royal and still.
Hushed in silver peace each stream,
Tall and proud each ivoried hill.
Hush! Like some late bird that lingers,
Strange wild voices come and go,
As the wind, with fairy fingers,
Harps the wild dance of the snow.

Christine Kerr Davis.

Home-keeping Hearts

By Ruth Fargo

WE had never intended to live in a barn house. But we needed a house — oh, but we needed a house! — and the barn was there. A wise touch here, a wise touch there, under the skilled supervision of a handy carpenter-man, and the barn became a home. Such things have been done before, time and again, so we are told, but it had never been done for us. We had never so planned. It was utterly unpremeditated. It just happened.

But it happened because we sold, in boom season, and moved away out West. To Payettville — which is, really, a better name than the true one. We looked about us, trying to get our breath, for things had happened with such cataclysmic abruptness. We would rent, so we said; we were not ready to buy, and to build — oh, to build cost a mint o' money. But houses were hard to find, any kind of houses. It was forcibly thrust upon me that the inhabitants of Payettville, having some suddenly-made money to spare, had moved out of their original shells and builded for themselves desirable bungalows, while upon the moss-grown, paint-scabbed shelters of leaner years leered forth the sign: FOR RENT.

The plan worked, for the shifting population of a western city must find shelter, and the outgrown houses were such, undesirable as they seemed to be. Why, they rented under my very eyes, and new tenants moved in, while I looked and waited and hoped — hoped for something better — and summer drifted along toward dogdays. Presently, I had only the least desirable of the undesired from which to make my choice, for to me had been handed down the house-hunting job. It is a task that makes sympathy surge warmly through the hearts of the host of initiated; and those who have

never yet taken upon themselves this peculiarly salubrious task have yet an Adventure in store.

"Oh, Henry," wailed I.

"What is it?" said he — my husband.

"We'll have to live in a tent. And to think we left Civilization for this! It is worse — much worse — than being wrecked on a desert island! It lacks all novelty. It has no picture quality. It —"

Henry grinned.

"Pretty bum, by golly," conceded my husband.

"Bum —! Bum —?" mourned I.

"Better speak for terms at our boarding house." My husband is practical minded.

"Terms! Henry, how can you —!" But what I thought of that boarding house, as good as in town, I never entirely confided to my satisfied mate. It is one thing, perhaps, to eat and sleep at a place not altogether artistic, and — uh — other things; but to live there twenty-four hours out of every twenty-four is "a sheep of another color," as my Grandfather Grant used to affirm. There are items which a wife keeps to herself. Besides, Henry had his hands full, boosting a new business venture, upon which our bread and butter quite depended, and I was no minded to make my complaints a millstone about his neck. (I've seen wives who did just that, more's the pity!) The house-finding problem was mine. And as mine I accepted it, with all good grace that I could.

But there comes an end to all things. Finally, I went to see the best of the undesirables, a house holding, within its embracing walls, about every type of inconvenience which the devious ideas of man could invent. To the kindly old soul who showed me about, I groaned aloud. "Goodness me, the man who

built this must have sat up nights to invent ways wearisome and winding!"

My escort rubbed his stubbly chin, speculatively.

"Ef you c'n keep on a-waitin', Mis', mebbe there'll be a modern bung'loo. Some un might move out. Never kin tell. Kuble, over yon—" with an expressive shoulder hunch — "waited eighteen months for his'n. Now the owners are comin' back, an'll want it agin fer themselves. They ain't no tellin' in this here house business."

Not so very comforting, I admit. Back to my boarding house, and my crochet work, I went, feeling more of a nonentity than the blue-jay in the pine tree, and I fairly envied the robins on the well-cut lawn. One mother robin seemed to take an extra interest in me (aren't they tame, though!), hopping about and cocking her head on one side, her bright eyes seeming to say, "We ladies must stand together. We need nests of our own, we do. Boarding houses may be all right in their way, but they won't do for homes. No, they just won't do for homes." Then she would dive after another worm — and get it, tug, tug, tug! — and fly away up into a tree in the back orchard.

I, too, wanted a nest of my own. I wanted a nest where I could bustle about from morning till night, busy with pots and kettles. I never dreamed, not in my wildest nightmare, that I could miss a kitchen so! There were my little blue saucers and cups, packed in a barrel down in the old warehouse doing nobody any good. And my rugs! — if I could just feel them under my feet once more, I should be happy again. The eternal feminine that calls so insistently for her own home nest was growing almost too much for me.

Then, in a business deal, unexpected and without enthusiasm, Henry fell heir to a raggedy strip of old orchard land in the outer edge of the village. We went to inspect our property. Perhaps, just for the sake of having something to do.

Anything was better than sitting forever on a boarding-house veranda—I snatched at every excuse. Time hung heavily on my hands, I, who had been such a busy housewife. Never, I vowed, if Fate would but give me a real home again, would I grumble about lack of Time. I never wanted just TIME again. I wanted to be busy — I wanted to be busy in my own home nest.

We strolled about, my husband and I, under the drooping apple tree boughs, heavy with their small green fruit. Then I caught my breath:

"Why, Henry, you didn't say there was a *house* — a house! — down here."

"Tisn't a house," said my husband. "Just a barn. Used to store apples, I reckon."

But already I was investigating. Inside. Though I must needs push aside the wild rose bush that barred the door. Then and there ideas were born in my brain. People *had* made dwelling places out of barns, and people would again. Why not I?

To Henry I explained the thing seething in my mind. He looked dubious, but he examined the building. As I suggested before, Henry is practical minded.

At last, he remarked, "Make your plans, my dear. We'll have a carpenter out. And we shall see — what we shall see."

It was half a promise.

Next day I did not idle on the veranda. Instead, I spent hours in the village library delving into old magazines, hunting up articles and illustrations. By night, I had my ideas well in hand. I knew what I wanted. To the keen-eyed carpenter who listened wisely and took notes I explained, and explained, and explained. "We won't live here always," I told him, "and the expense cannot be great. But it can be made habitable and cosy; and who would not love to camp in this picturesque old orchard!"

I know my voice was full of high-lights and laughter, for Henry suddenly bent

upon me that little intimate look of under-standing, which husbands always have, and to the carpenter he said:

"Go ahead. Never mind the bill." — What more could a woman ask?

And, coming to the end, this is what we did:

The place was renovated, thoroughly, then floored, and plastered, that being easier and cheaper than to paper. A kitchen, long and narrow, with rough built-ins, was partitioned off at one end. The rest of the floor space was made to assume the appearance of a sitting room, with a little entrance hall and a place to hang coats, and a dining-room alcove, all by means of *wall board*, six feet high or thereabouts, set up and made stationary, but having the look of movable screens. This meant plenty of light and ventilation, and yet gave us the privacy of real rooms, or almost. It was an easy kind of partition to make, took up little in the way of space, being so thin, and was good to look at. It did not call for plaster or paper. As a temporary expedient it answered wonderfully well. I have since recommended wall board to my friends on various and sundry occasions. It has most remarkable possibilities. Sometimes we chuckled over our simplified partitions, Henry and I, and exclaimed in unison: "Wall board forever!"

The loft we floored. From the sitting room we ran up the most rustic of stairways, built on a long slant, thus easy to climb. From the top of the stairs ran a hall, straight across the loft, and ending in a small bathroom. Two bedrooms, one on either side of this hall, took up the remaining space. Fortunately, we had the advantage of the village water, gas, and sewer systems, which added materially to the comfort of our temporary home. In fact, we were as snug as two bugs in a rug.

The barn, on the outside, was changed but little. A porch, at the front, fairly smothered the coming spring with wild cucumber vines (I planted the seeds in the fall in order to secure early germina-

tion), a tiny stoop at the back door, plenty of casement windows, high enough from the floors to allow the placing of chairs and other furniture under them, a central chimney, to spike the whole thing to the earth, and our house was ready for occupancy. I had my home nest. Never on earth was a woman happier. And it had taken but a small amount of money to accomplish the miracle. But a friend of ours, who patterned after our adventure, did even better; having several hours aside from his regular work each day, and being handy with a hammer, he did most of the carpenter work, himself, literally re-making an old building into a snug and charming cottage. . . . Oh, but a home — if one has a home-keeping heart — is not so difficult to achieve after all! If one lacks in money, one must be long on brains. As my grandfather used to say, very sagely: "There's more than one way to skin a cat."

But just a postscript more — to tell you about the paint! On the outside, I mean. It is brown, a dark, dark brown — which works much better than a light color on old boards. It might have been a stain. That, too, is good. But I wanted brown; as I explained to my listening spouse, "I don't want my little rough home-nest to look like a work-of-man; I want it to look like a bit-of-nature, as though it just grew — like some of the big brown fungus growths I saw at the forest edge. I want it to blend into the picturesqueness of the scraggly old orchard."

And so it does, as truly as a little brown bird on a tree branch!

Now and then, as I survey my precious Lares and Penates, I bless the day I first saw an old barn on a bit of outlying land. . . . To tell the truth, we are doubtless just as happy, Henry and I, in our little wall-boarded barn-house as though we had a castle in Spain. . . . And I doubt if my blue teacups would fit well in a castle, anyway — because they are too exactly perfect in the place where they are.

Teeth as a National Asset

By Catherine Beach Ely

LOOK to your teeth, America! You who are supposed to lead the nations in dental science, for you are no exception in a world lamentably ignorant in this particular subject. The world's teeth are going to the dogs. Authorities present the following three-fold indictment—we of the present generation have poorer teeth than our forefathers: the deterioration of children's teeth is universal: bad teeth aggravate our every ailment, physical and mental.

This nation must be awakened—the eleventh hour on the health-dial has struck. Tell 'em dirty teeth are a disgrace, get at their pride (of which most Americans have a plenty). Parents must be scared or shamed into caring for their children's teeth. By the way, reader, do you go, as you should, to the dentist once or twice a year for a thorough mouth-cleaning? A main source of neglect is tight purse strings—certainly dentists' rates are not calculated to loosen them. But there's a way out—high-priced experts are not needed for dental nursing and decay preventive work. There will be no excuse for rating the dentist an expensive luxury, if the minor work is done by lesser lights at a lower price—this applies especially to cleansing the teeth.

Right here the wounded veteran of the World War comes in. Because mouth sanitation or dental nursing does not require complete dental training, it is proposed as one solution of the crippled soldier employment problem. Dr. Frank B. Gilbreth tells us that crippled soldiers may be trained as dental nurses to do the cleaning and preventive work. Of course, they must be thoroughly prepared and have a diploma, but they do not need the full dental course, consequently their charges will be less. The average wage earner will be inclined to have his teeth

inspected more frequently at these reduced rates, and the soldier can earn a reasonable income. According to Dr. Gilbreth, skilled dentists have already co-operated by furnishing, free of charge, the standardized instruction necessary for this work.

How about equipment? That is not necessarily so complicated—a stick of orange wood with a little powdered pumice is a preventive of decay. The dental nurse can also obtain enough soap and water to wash his hands before and after treating his patient, neither is an expensive dental chair a necessity. In an emergency even a log or a cracker box will do.

The mother must send her children to the dentist, must herself be a capable demonstrator of the art of the tooth-brush. Dr. Victor C. Bell, lecturer at the New York Dental School, upbraids parents for their astounding ignorance about teeth; he says that dental instruction must begin with the babe-in-arms. The mother first, then the school is directly responsible for the nation's dental health.

Our public schools, in some of the large cities, at least, are awakening to the situation—dental inspection is compulsory, and dental hygiene is taught more or less. This instruction should extend to every town, village and rural school. Dr. J. G. Adams, a dental specialist, wants each state to establish dental hospitals in its towns and villages for the poor who can pay nothing, or but little. In order to dovetail economy with efficiency, he suggests that the dental inspector of the school serve also as superintendent of the dental hospital.

In spite of some improvement New York City is still on the prongs of the tooth dilemma, for medical investigation shows that 40 per cent of the compulsory absence from New York City schools

is due to toothache or tooth ulceration. As to England, the British dental association finds that 86 per cent of their school children are suffering from defective teeth, caused by improper diet. Sir James Cantlie, of London, scolds the British for what he boldly terms "rotten teeth." Too hot foods do the mischief, according to him. Says he, "the British child is as well-born as any in the world, but spoils his chance of becoming Lord Mayor of London by ruining his teeth." Sir James' text is: "You can't bite through to political, or any kind of success without good teeth."

Another Londoner, Dr. E. H. Stan-court, goes so far as to insist that the best defense against Bolshevism is sound teeth. This well-known physician lays the peccadillos of Lenine and Trotsky to decayed teeth. He feels sure that the ministrations of a good dentist would reduce their inflamed radicalism.

Dr. Norman W. Kingsley maintains that nervousness, or nervous exhaustion, is one of the main causes of the decay of American teeth. Here we are on the

peak of a hectic civilization, living under continual nervous strain which undermines our teeth because teeth need constant nutrition, just as bones and muscles do. So, Americans, if you want handsome teeth, coal up on vitality. Unless, in spite of our attainments in dental science, we are to become a toothless nation, we must feed our nerves in order to feed and save our teeth.

In the late war the importance of teeth, as a national asset, was brought into startling relief. Many applicants for enlistment failed to qualify because of defective teeth. Our soldiers learned that to serve his country a man must have healthy teeth. No doubt the war taught many a young man to keep his mouth clean, not only with the toothbrush, but by the greatest cleanser of all — a moral life.

All of which goes to show what a direct bearing teeth have on a nation's prosperity. Patriotism includes drilling home, school and army in dental hygiene. Solid teeth increase the solidity of our national defense.

When the House Gets Settled

By A. Borden Stevens

WE once had a visitor, — of the perennial variety, — who suffered from a delusion which was sanely enough expressed, thus: — "When the house gets settled." We, on the inside track who suspect the futility of this hope, use it as a byword. No house can become settled which has a constantly shifting population as young people come and go, and old people wave their hands "good-bye"; but the phrase appealed to Betsy.

Betsy is black, with the beaming face of one brought up on "pig-meat" in the sunny South, and who still loves the same fostering tidbit. Through thick and thin, Betsy persists "by the day," and is a comfort and blessing even when the

world whirls around her in a way that causes her faithful heart to show its love for its white folks by vague mutterings and complainings. The world often does whirl around her; carefully cleaned closets become worse than the proverbial mare's nest, bureau drawers show the haste of last-minuters hurrying away to school. The hall and living-room fill up with furniture and bric-a-brac from emptying houses and broken homes.

Betsy is a religious soul; when we make the appeal that an asylum must be offered even the least of these, the cast-offs, sometimes it touches her; but there are days when the only salve for a wounded bump of order is the magic phrase of our

perennial visitor which we present in this wise:

"Never mind, Betsy; it will be all right when the house gets settled." It is to her the star of hope which keeps her patient in the midst of great tribulation, during the periodic cyclone of cleaning house that must be adhered to where even the mistress does not know where is what, or what is whose, and where efficiency means drastic measures for reducing stock. It was in the midst of one of these occasional shake-downs that Betsy elected to get married; what threatened to be a blow, turned out to be a blessing, for with the sudden acquisition of a house of her own came a greater understanding of the problem of housekeeping.

Betsy as a bride became loquacious. The babble of her experiences, philosophies, and aspirations accompanied every homely task; whoever worked in the kitchen beside Betsy became impossibly erratic, now deaf, now subject to sudden spasms of laughter, or equally sudden bursts of rage, all of which threatened to disrupt the family peace of mind. Work was, consequently, done in dashes. One mixed cake in the pantry, if possible, popped it into the oven and fled to the sitting-room to wait for it to bake. That was after we had learned Betsy's interests by heart. We grew to know the stately John in all his phases; we knew when the church had sales and concerts by the unerring aim of tickets and bids for supplies; we knew the vagaries of the neighbors on North Street. Finally we debated whether we did indeed need Betsy so constantly.

As to Betsy's need for us she left no doubt. At the attempt to drop one day from her schedule, we encountered a sorrow so deep that we felt as though we had deserted our dearest friend. For all Betsy's love of John who, with his house, she married, she kept a weather eye to the practical; she worked, she said, that she might always have the price of a ticket "home." How was she to know what might come up, she argued;

no, she must have her own bit of money! Any effort of ours which tended to decrease that growing mite was met with a despair all out of proportion to the happiness which she claimed she found in her new estate. This talk of going home faded with time, but her interest in our welfare became intense. We were her family, and she became unique in our experience with helpers, by now and then returning some bit of kindness, in kind. A pan of her own biscuits made in the early morning, an extra half hour of work to "clare up after those dear children!" A lemon pie with meringue such as black fingers alone can create, and that with no formula which we can catch, made some morning when the mistress, who is cook, lingers too long down street.

We give to her our leftovers, — trash, if you please; she gives to us the work of her hands. Now, after several years of whirlwind, Betsy thinks the center of the storm is passed; a great hope has formed in her heart as she sees the same room used for the same thing for a week at a time, and perhaps another whole week that the same number of places will decorate the table at each meal. Several days of semi-silence on her part caused questionings among us. "What can Betsy be thinking about? Has she said anything to you? I can't make out why she is so quiet." At last it comes out.

"Miss May, some day when the house gets settled —"

"When, Betsy?"

"Yes'm, when the house gets settled, — pretty soon, now, Honey, you'll see, — I'm going to give you-all a whole day without any money passing, and we'll clean every bureau drawer and every closet in the place and put it in order, yes'm."

Is there greater love than this? Even granted the possibilities of bureau drawers and closets, the beaming face of Betsy is a sign of sacrifice, of largess. Can it be coming true, after all? Shall we like it, if it does? Perhaps, after all, Betsy is right; perhaps in spite of us, the house is going to get settled, soon.

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF
Culinary Science and Domestic Economics

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BEST LET BE

Once I loved the soothsayers and gypsies at the fair;

Many a palm I crossed with silver; blithe my future heard;

Eagerly I listened as old witches whispered where Good and evil fortune lay; — scoffed — (treasuring each word).

Now they have no charm for me; no lure their patter holds;

Be the future what it may, full soon one sees its face.

Let the veil unlifted hang; for I have learned its folds

Hide heartbreaking joys and sorrows — locked in close embrace!

Katharine Sawin Oakes.

EDITORIAL NOTES

THIS number of AMERICAN COOKERY bears the new calendar year, 1922. Also, this is the twenty-sixth year of our continued publication. The fourth year since the Armistice was signed, which marked the end of the great World War, is well along, and we are just beginning to hope for better times. These later years of the past have been eventful, indeed. In matters of truth, right and justice may

we be in the way of making real progress. It seems to us people everywhere are becoming broader-minded and more liberal; verily, our trust is that "Through the ages one increasing purpose runs, and the thoughts of men are widened with the process of the suns."

ADVANCEMENT in the field of Household Economics has been truly marvelous. Never were so many people interested in food and cookery, sanitary living and improved homes. All things that pertain to home life are taught in the schools and discussed in the women's clubs and community forums throughout the land. Wholesome food-stuffs, balanced meals, the significance of vitamins, almost unknown, have become subjects of immediate and vital importance to housewives. Good health is now regarded as fundamental to well-being, and essential to success in life.

IN spite of wars and famines, both of which are unnecessary, it is said the average length of human life is steadily increasing. The age of war and destruction has passed. Force and might can no longer prevail. The reign of peace and progress has come in. We denounce and abhor war and militarism. Excessive taxes, for sake of armaments, we pay under protest. AMERICAN COOKERY is proud to be engaged in the peaceful effort to improve the conditions of life, to promote human longevity, in short, to make life better worth living.

WE urge our readers to write us freely. We are ready to rectify every error made in our mailing list, to make good every just claim against us. To settle matters, large or small, only clear understanding is called for. Out of our large and kindly correspondence we presume to quote from a letter or two just received. One lady writes:

"I want to express my appreciation of the fine quality of your magazine, and the great help which it is to busy

housewives. It is, without doubt, the finest household magazine published at this time."

Another says:

"I find your magazine the most satisfactory publication of its kind I have seen. The recipes and suggestions are refreshingly original, at the same time they remain practical and within reach of the average family income."

Again:

"I find *AMERICAN COOKERY* a delightful magazine. It is broader than mere cookery."

We want as subscribers just those who want *AMERICAN COOKERY*; of those we now have nearly forty-five thousand.

MARY J. LINCOLN

MARY J. LINCOLN, household economist and writer on cookery, died on December 2, at her home 204 Huntington Avenue, this city, following illness of several weeks with successive strokes of paralysis. Mrs. Lincoln was born in South Attleboro, Massachusetts, July 8, 1844. She graduated from Wheaton Seminary, as the school was then called, in 1864. She married and became interested in domestic science. She was the first principal of The Boston Cooking School, from 1879 to 1885; for ten years was culinary editor of *The American Kitchen Magazine*. Since then she has lectured in large schools and seminaries in many states of the country.

Outside of a large circle of friends and acquaintances, Mrs. Lincoln has become widely known, and will be long remembered in many households, as the First Principal of The Boston Cooking School, and the author of *The Boston Cook Book*. Mrs. Lincoln was a pioneer in pursuit of household economics. Her cook book is something more than a compilation of recipes. It is, we apprehend, the most original of the numerous cook books that have been published during the remarkable development of household science in recent years. Her book deals with the fundamental principles of cook-

ery, the methods and processes of cooking, as applied in the average household; in brief, it is the immediate result of years of teaching, careful study and thought, as well as of actual experience in house-keeping. For distinctive merit, her book must be given high place among culinary works. It has provided an unfailing source of useful information to many, of inspiration to not a few, housekeepers and students of domestic science throughout the country.

SUNLIGHT COOKERY

DR. C. G. ABBOTT of the astronomical station of the Smithsonian Institution on Mount Wilson, California, has successfully cooked meat, vegetables, fruit, and bread, using only the sun's rays for fuel. He has not made public the cooking invention, but its main feature is probably a concentration of the sun's rays by means of focal lenses or mirrors. Any effort to make practical use of energy daily furnished by the sun is of interest. Though many attempts have already been made to harness the energy of radiation for mechanical work, up to this time the overhead costs have been greater than the value of the work obtained. Chlorophyll, the green substance in the tissues of living plants, absorbs heat rays, chemical rays, and light rays from the sun, and uses the energy thus obtained to build up substances which may serve as food or as fuel for the use of man. Chemistry is making rapid advances, and it is possible that the day is not far distant when the processes of plant life may be successfully imitated. If that time comes, the surface of the earth will be valued in a new way, and the most coveted areas will be those which receive the greatest amount of solar radiation. Perhaps Dr. Abbott's sunlight cookery is one of the steps to point the way.

INDUSTRIAL CONFLICT

AN astute observer of social conditions has remarked that though we are constantly exhorted to do something to

improve the relations of employer and employee he is willing to argue that the relation in life which has the least bad feeling or personal bitterness in it is the pure business relation. "Where is there so much dissension and bitterness as in family matters? . . . We are told that classes are becoming more separated and that the poor are learning to hate the rich. . . . I have sought diligently in history for the time when no class hatreds existed between rich and poor. I cannot find any such period, and I make bold to say that no one can point to it."

He might have added that the dissension between employer and employee is mild, as compared with that between youth and age, between neighbors, and sometimes, alas, between factions in the same church. Or what is more to the point, capital and labor, employer and employee, get along singularly well, as compared with individuals of the same rank, in the same occupation. Even when Jim, who works in the mill, goes on strike he does not hate the boss so much as he does Bill, who works alongside of him and called him an unpleasant name the other day. And as for the boss — oh, how he does love the owner of the rival factory who cut prices on him two months ago! And how lawyers love each other; and rival newspaper proprietors in the same city, one owning the yellow paper, and the other the conservative. In plain language, a great part of all the talk about the enmity of capital and labor and of classes toward one another is rot.

A corporation manager who has had much experience and marked success in building up weak concerns, and especially in solving their labor troubles, recently said: "I cannot hope to please all the men. If I get half of them with me, then I know things are all right, just as I do if I have fifty per cent of the stockholders with me." *The Saturday Evening Post.*

COMMUNITY WASTE

ONE of the greatest wastes in the community is not the waste of time

and effort, but the waste of public buildings. Such buildings erected with the people's money are constructed ornately and elaborately, and with little or no consideration of duplication. For instance, how many schools, churches, or community centers are erected with an eye to interchange of space? Churches are idle four or five days out of each week, schools are idle two days, and during twelve or fourteen weeks of vacation. Many towns are extending themselves to build community centers, when proper planning and co-operation would permit the use of church and school buildings for community centers. Such a combination of effort would not only promote community economy, it would also encourage the more important neighborly feeling, the real object of the community house, and would enthuse schools and churches to more determined individual effort.

C. R.

EXERCISE FOR WOMAN

IN the experience of teachers of physical education and of physicians, it has become evident that the value of exercise, as a remedial measure, cannot be overestimated, the lack of proper exercise often being at the root of depleted conditions of health. In many cases the need cannot be met in regular class work. The organization of special classes for women who are physically not strong is of value under some conditions, but the most satisfactory way of meeting the need of "the weaker woman" is by specially planned individual exercises. . .

The importance of individual exercises is being recognized, more and more, in schools, colleges, Y. W. C. A.'s and other institutions, and departments are being established under the direction of special teachers whose entire time is given to this type of work. The school physician, the gymnasium instructors and the special teacher all co-operate to give "the weaker woman" the advantages of systematized work under supervision.

American Physical Education Review.



CRESCENT ROLLS (See Page 438)

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after 'sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Scotch Oatmeal Soup

SOAK, overnight, one cup of oatmeal in two quarts of mutton broth or water; in the morning bring to a boil and place in the fireless cooker, or any warm place, until time to prepare the soup. Then cook one good-sized onion, minced, in four tablespoonfuls of butter or fat, until delicately browned; add four tablespoonfuls of flour, two teaspoonfuls of pepper, a small pinch of cayenne, and two teaspoonfuls of sugar to the pan, blend smooth, and turn into the soup kettle. Bring all to a boil; add one cup of tomato pulp, and serve hot. Strain before serving, or serve for the main dish for a children's winter luncheon without straining.

Cream of Raisin Soup

Put through the meat chopper one cup of seeded raisins, and cook in a quart of chicken stock for twenty minutes. Thicken with six tablespoonfuls of flour, blended to a paste with one-fourth a cup

of softened butter, and season with one teaspoonful and one-half of salt and three-fourths a teaspoonful of pepper. Add one pint of thin cream, mixed with the beaten yolk of one egg. Stir until hot through, and serve with a garnish of the stiff-beaten white, flavored with two teaspoonfuls of lemon juice.

Baked Oyster Plant

Select several large roots, scrape and wash as usual, dropping into cold water with a little vinegar to preserve the color. Drain, wipe dry, brush over with olive oil or butter, place on the grate of the oven and bake until done, turning occasionally. Put into a hot dish, and have ready to pour over them a pint of white stock, thickened like a white sauce, with two tablespoonfuls of flour rubbed into two tablespoonfuls of softened butter. Plain, white sauce, made with rich milk or cream, may be substituted for the stock. Cover with fine buttered crumbs, mixed with grated hard cheese, and replace in oven until brown on top.

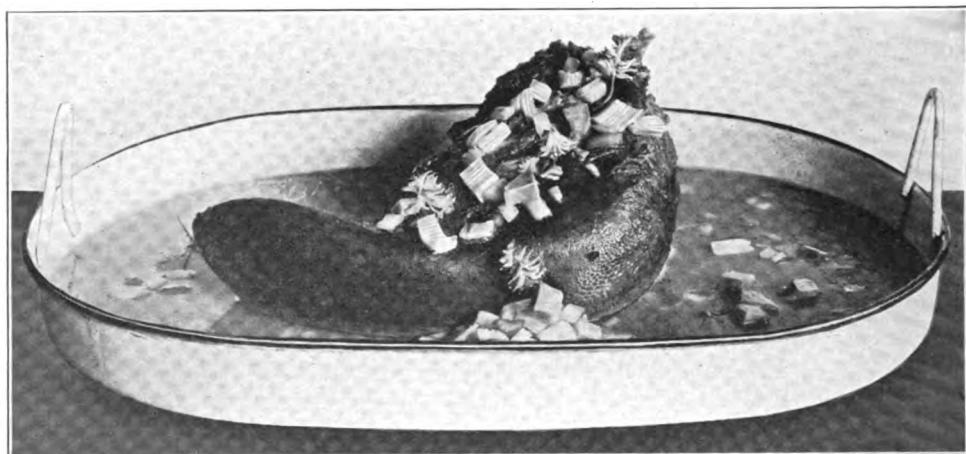
Sweet Potato Sweet Croquettes

Mash smooth or put through a ricer enough boiled sweet potatoes to make two cups. Season with one-half a cup of cream, one-quarter a cup of sugar, one well-beaten egg, one tablespoonful of butter, the grated rind of one-half a lemon, and one-fourth a teaspoonful of salt. These should be added while the potato is hot, or they should be mixed thoroughly in a bowl set in hot water until the mixture is thick enough to form into small balls. Press into the center of each ball a stoned date, a strip of dried fig, or a bit of jelly or preserve. Roll the balls into cylinders, flatten the ends, roll

eggplant with a mixture of chopped veal and chopped cooked ham. Pile the chopped and seasoned pulp over the top, and bake in a moderate oven for half an hour or forty minutes.

Deviled Oysters

Cream an ounce of butter with two tablespoonfuls of grated, hard cheese, preferably Parmesan, and mix with the two one tablespoonful of flour. Stir the whole into one-half a cup of cream, heated in an agate saucepan, and cook until thickened. Add six mushrooms, broiled and chopped, one tablespoonful of grated horseradish, one pint of oysters, solids, and stir over fire until the gills separate



BAKED TONGUE

in fine-sifted crumbs, dip in beaten egg, roll again in crumbs, and fry in deep fat. When cooked pile on a dish, sprinkle with powdered sugar, and serve with lemon sauce.

Chartreuse of Eggplant

Cut a slice from the top of a large eggplant, and scoop out the inside with a sharp knife, leaving a wall a little more than half an inch thick. Put the part removed through the food chopper, and season with salt and pepper, onion juice, capers, and dried herbs, to taste. Mix into this one-half a cup of softened butter, and add enough fine crumbs to absorb moisture. Half fill the cavity of the

and crinkle. Add one teaspoonful of Tabasco sauce, and serve at once on hot buttered toast.

Baked Tongue

Put a fresh tongue in a kettle, cover with boiling, salted water, and let cook slowly two hours. While hot remove tongue from water and take off skin. Slice a small onion and brown in one tablespoonful of butter; add three tablespoonfuls of butter and half a cup, each, of carrot and celery, cut in small pieces; stir until well blended, then turn into a double roasting pan; upon these place the tongue, garnish with a sprig of parsley, and pour over all about five cups of



HOT CHICKEN SALAD SERVED IN TERRAPIN DISHES

water in which the tongue was cooked. Cover close and let bake in a slow oven two hours.

Hot Chicken Salad

Mix one pint of cooked chicken (in cubes), one cup of cooked peas, one-half a teaspoonful of salt, one-fourth a teaspoonful of black pepper, one teaspoonful of onion juice, one pimiento (cut in small squares), and one teaspoonful of lemon juice, and set aside in a cool place for at least one hour. Make a sauce of one-fourth a cup of butter, one-fourth a cup of flour, half a teaspoonful of salt, a cup of cream and a cup of chicken broth. Add the seasoned ingredients and let stand over hot water to become very hot. This is good served from a chafing-dish.

Potatoes O'Brien

In deep fat fry two cups of potato cubes; drain and sprinkle with salt. In two tablespoonfuls of butter brown to a light color one slice of onion; remove onion and add two canned pimientos, cut in small pieces, and stir until well blended; add potato cubes and mix thoroughly. Serve, sprinkled with fine-chopped parsley.

Imitation Pâtés de Foie Gras

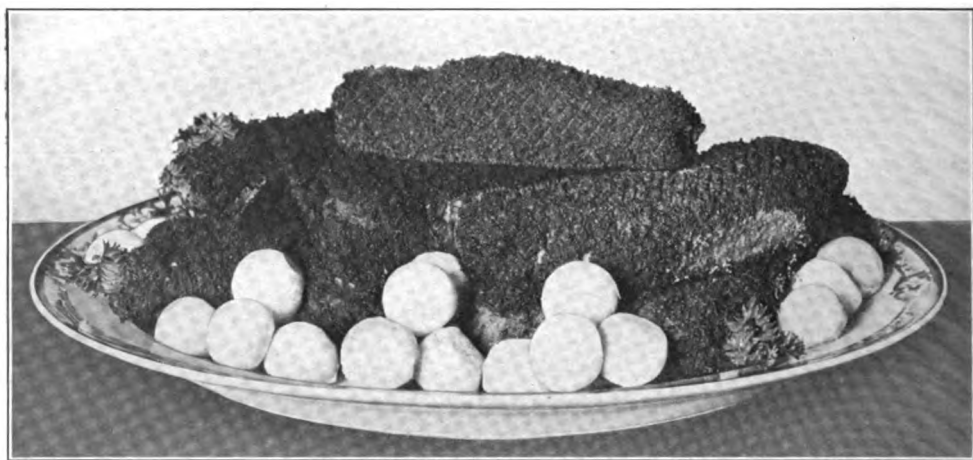
Boil in separate kettles a calf's tongue and a calf's liver, and let stand for a day in the refrigerator so that both will be cold and firm. Pare and cut up the tongue into the small triangular pieces that will simulate the truffles of the Strasburg



POTATOES O'BRIEN

pâtés. Put the liver through the food chopper twice, using the finest chopper the second time, and blend in a large mixing-bowl with one-fourth its volume of melted butter, working the two together until smooth. Next work into the paste formed by mixing the liver and butter the following seasonings: One tablespoonful of strained onion juice, one teaspoonful, each, of made mustard and Worcestershire sauce, one-fourth a teaspoonful, each, of ground cloves and cayenne pepper, one-half of one grated nutmeg, and salt to taste. Butter the inside of pâté jars, or of any jars of suitable size and shape, and into them pack the

liquor from the boiled head, cooked down to one-half, to make quite moist; it may be enough slightly to float the pieces of meat. Now dip slices of hard-cooked egg into the liquor, and affix to the sides and bottom of a deep bowl or any other shaped mould, to form a decorative design. Let stand until the gelatinous coating has hardened and the egg slices adhere firmly to the mould. Add the calf's head mixture, and set in a cool place until firm. To unmould, invert mould on platter, and wrap around it cloths wrung from hot water until the contents are softened at the edges and the mould may be lifted off.



FILETS OF SABLEFISH

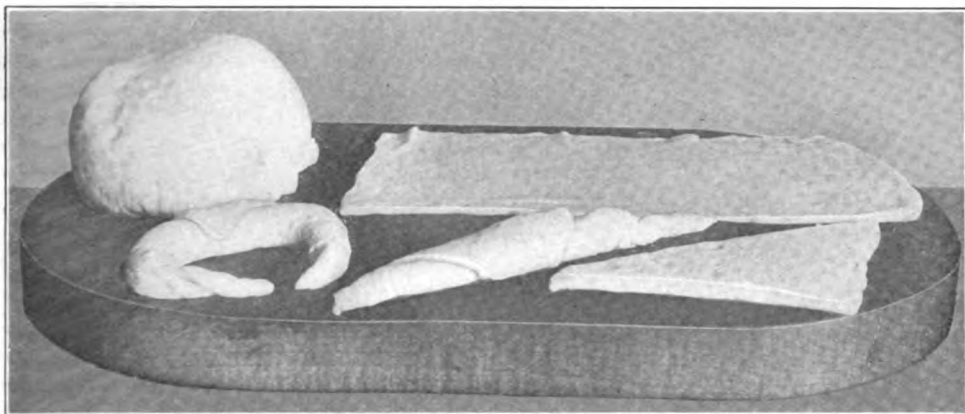
pâté paste as firmly as possible, inserting, here and there, the bits of tongue. When the jar is packed almost full and smoothed over the surface, cover with clarified butter, melted, and when this is hard put on the lids. These pâtés will keep in the refrigerator for weeks, and their flavor is very like that of the genuine pâtés.

Calf's Head Cheese

Boil a calf's head until the meat may be easily removed from the bones. Put the meat through the chopper with one-half a pound of cold, boiled ham or lean bacon. Season to taste with salt and pepper, and mix with enough of the

Filets of Sablefish

Cut sablefish, or any other white, firm fish in steaks one inch thick; brush over on both sides with a mixture of one-fourth a cup of olive oil with two tablespoonfuls of lemon juice, and let stand in the refrigerator for an hour. Then season each steak with a sprinkling of salt and pepper, dip in fine-sifted crumbs, then in beaten egg, lastly, in crumbs again, and fry in deep fat at a temperature of 350 deg Fah. for five or six minutes. Lay on a hot platter, garnish with cress, and surround with hot potato balls heaped in mounds. Serve with each



SHAPING CRESCENT ROLLS

filet, sauce tartare or a small mould of Montpellier butter.

Sauce Tartare

Beat the yolk of one egg; add one-fourth a teaspoonful of salt, one-fourth a teaspoonful of mustard and beat again; then beat in two tablespoonfuls of lemon juice; with a Dover beater, beat vigorously, then add a teaspoonful of olive oil and continue the beating, adding oil, a teaspoonful at a time, three or four times; then add the oil by the tablespoonful until a cup of oil has been used. Gradually add two tablespoonfuls of boiling water, beating it in the same manner as the oil. Finally, beat into this mayon-

naise: one-half a shallot, chopped exceedingly fine, two tablespoonfuls, each, of fine-chopped capers, olives and cucumber pickles.

Beurre de Montpellier

Blanch, in boiling water, one cup of mixed fresh herbs, such as chervil, parsley, tarragon, chives, etc. Drain, put through the chopper, and mix with one teaspoonful of anchovy paste, the yolks of six hardboiled eggs, one tablespoonful of capers, pounded to a paste, and enough butter to work the whole into a smooth mass. Color with a little spinach juice, add salt to taste, and put aside to cool; form into small individual moulds, and



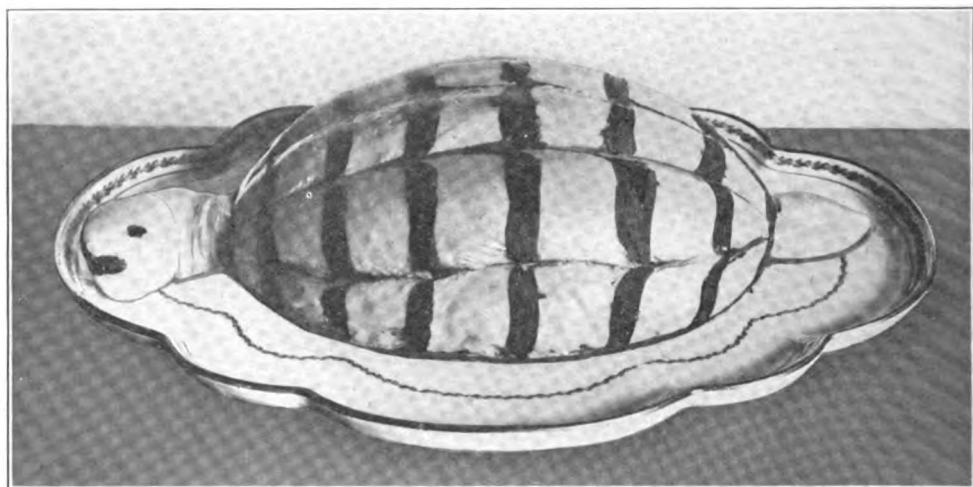
INDIVIDUAL CHARLOTTE RUSSE

use as an accompaniment to cold meats or fish, etc.

Crescent Rolls

Make a sponge of two cups of scalded milk, cooled, one yeast cake, softened in one-half a cup of lukewarm water, and about three cups of flour; beat thoroughly, cover, and set aside until light; then add two tablespoonfuls of sugar, one teaspoonful of salt, one-half a cup of butter and flour to knead. Knead about ten minutes; let rise until doubled in bulk. Roll out in a sheet one-eighth an inch thick, and cut into strips about seven inches wide; cut these into sharp-

beaten. Sift together two cups and one-half of entire wheat flour, three-fourths a teaspoonful of soda, and one teaspoonful of salt. Combine mixtures; add one cup of seedless raisins, and turn into a buttered melon mould. Cover and let steam three hours. The next day make a thick icing of three tablespoonfuls of boiling water, mixed with confectioner's sugar, flavored and tinted with coffee extract. Have prepared pieces of bread, cut to represent the head and tail of a turtle, and place these in position at the ends of the cake. Melt one square of chocolate; add one teaspoonful of butter and enough boiling water to make a thin



CHILDREN'S CAKE

pointed triangles, then commencing at the base, roll them up, bring the ends toward each other, keeping the point in the middle of the roll to give the shape of a crescent. Place on baking tins some distance apart; when light brush the tops with warm water and bake twenty minutes, then brush over with yolk of egg, beaten with two tablespoonfuls of milk, and return to the oven to brown.

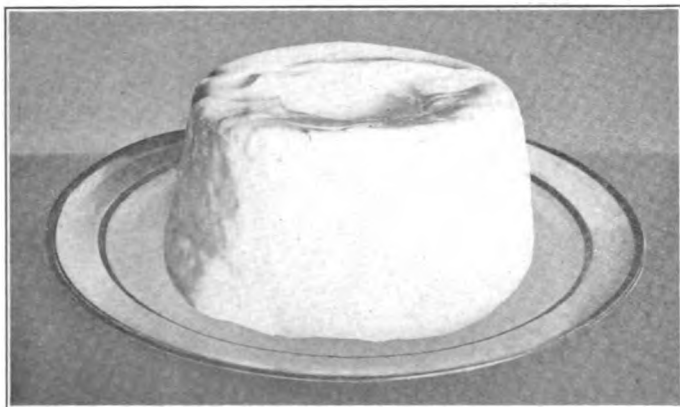
Children's Cake

Melt one-third a cup of butter; add two-thirds a cup of molasses, three-fourths a cup of milk, and two eggs, well

mixture. Frost the cake smooth. With a camel's-hair brush, dipped frequently in the chocolate mixture, draw parallel lines one inch apart and one-fourth an inch wide across the cake. Working quickly, cut through these lines, following the depressions made in the cake by the melon mould, with the back of a silver knife blade, first in one direction and then in another. Paint chocolate mouth and eyes.

Steamed Frosting

In a double boiler put one cup of granulated sugar, three tablespoonfuls of



STEAMED FROSTING

cold water and the white of one egg; cook over hot water ten minutes, beating with an egg-beater constantly. Remove from stove, add flavor and spread upon cake.

Come-Agains

FOR CHILDREN'S PARTIES

Sift two cups of flour with one-half a teaspoonful of salt and two teaspoonfuls of baking powder. Add one cup of chopped raisins and pecans, mixed in equal parts, and one cup of brown sugar. Beat one egg, very light; add one-half a cup of milk, and stir into this the dry ingredients. Lastly, stir in two table-spoonfuls of butter. Drop by small spoonfuls on a greased baking sheet, sift over them a mixture of cinnamon and sugar, and bake in a rather quick oven.

Orange Ice Cream (Fine)

Strain two cups and one-half of orange juice; add one cup of sugar and mix thoroughly. Slowly add one cup of milk and one cup of cream. Freeze in usual

manner, and, if desired, mould in individual moulds and serve with candied orange peel.

Lady Fingers

Beat the yolks of three eggs thick; add the grated rind of one-half a lemon and one-half a cup of sugar; fold into this mixture, alternately, the whites of three eggs, beaten very light, and five-eighths of a cup of flour. Fill lady-finger pans half-full and dredge with sugar. Bake about fifteen minutes.

Individual Charlotte Russe

Beat half a pint of cream and a table-spoonful of confectioner's sugar until very light and firm. With pastry bag and tube, use this mixture to fill glasses or paper cases lined, bottom and sides, with strips of lady fingers. Trim the strips of lady-fingers to the same width and length. They should extend half an inch or more above the cases. Place a candied cherry on top of each case. Serve as dessert.



ORANGE ICE CREAM



COCOANUT KISSES

Cocoanut Kisses

1 fresh cocoanut,
grated
 $\frac{1}{2}$ its weight in powdered sugar

Whites of two eggs
 $\frac{1}{2}$ teaspoonful flavoring extract

Grate the cocoanut and weigh it; add the sugar, mixing well. Beat the whites of the eggs very stiff, and add them to the grated cocoanut and sugar. Beat the mass hard for five minutes. Add the extract, then drop it in small spoonfuls on buttered paper, and let dry in a slow oven for five minutes, or put through pastry bag and tube as above.

Black and White Pudding

Roll and sift pieces of stale bread to make two cups of fine crumbs; mix with these one-half a pound of beef suet, finely-chopped, one cup of dried currants, one cup of chopped nuts, walnuts or pecans, one teaspoonful, each, of powdered cloves and cinnamon, and one-half of one nutmeg, grated. Thin-sliced and chopped candied peel or candied fruits may be used to taste, and sweetening of molasses, in the proportion to make the mixture the consistency of a stiff dough—or about one cup—with one teaspoonful of baking soda, dissolved in a little water. Beat in the beaten yolks of two eggs, and fold in, the last thing, the stiff-beaten whites of the eggs. Steam in a well-greased mould from one to two hours. When cold, unmould, and pour over the pudding on

the serving dish a thick blancmange of cornstarch, made by cooking six tablespoonfuls of cornstarch, blended with six tablespoonfuls of sugar, in one pint of milk, with careful stirring, until the mixture boils. Add any desired flavoring, and pour over the unmoulded pudding while the cornstarch is hot, piling it up with a spoon as it grows cold and tends to settle, until the black pudding is hidden by the white.

Flan aux Fraises

(FRENCH STRAWBERRY TART)

Line a deep tin pie-plate with a rich pie paste, prick with a fork on the bottom, and put in enough beans, rice, whole corn kernels, etc., to keep the pastry in shape while baking. When well browned turn out this filling, and replace with the following: Mix four tablespoonfuls of flour with three-fourths a cup of sugar until thoroughly incorporated, and add to a pint of milk, heated to boiling point. Stir until the whole boils; add quickly one or two beaten eggs and two tablespoonfuls of lemon juice, and pour at once into the flan-shell. Measure a pint of choice strawberries, hulled, and cook these eight minutes in a pint of sugar syrup, boiled to the soft-ball stage. Lift out carefully with a skimmer (the berries may be cooked a few at a time), and place over the cream filling of the flan. Boil down the remaining syrup to 245

deg., or until it forms a firm ball, pour over the berries, and serve the flan when cold with whipped cream. Preserved berries may be substituted for fresh.

Sweet Pepper Soufflés

Cut out the seeds and membranes from three or four sweet peppers, and parboil. Put through the food chopper, mix with two tablespoonfuls of hard, sharp cheese, grated, two tablespoonfuls of fine-sifted crumbs, three tablespoonfuls of flour, blended smooth with an equal quantity of cream and stirred into the slight-beaten yolks of two eggs. Season with one-half a teaspoonful of salt, a little pepper, and a few drops of poultry seasoning. Blend the whole well together—the mixture should be as thick as a rather stiff batter—and then beat in the stiff-beaten whites of the two eggs. Place at once in greased individual moulds, or paper soufflé cases, filling them not more than two-thirds full, and bake in a hot oven until well puffed up. The quantities given should make eight individual soufflés.

Savory Smoked Fish

Cut into strips one pound of smoked fish of any kind; put over fire in cold water, let come slowly to a boil, and boil for ten minutes. In another saucepan heat one cup of stock with one-fourth a cup, each, of tomato sauce and vinegar, a tablespoonful of made mustard, and a few grains of cayenne. Drain the fish, sauté on hot pan in one-fourth a cup of butter or fat, then add to the hot stock; thicken the butter in the pan with two tablespoonfuls of flour; stir this into the saucepan containing the fish and seasoned stock, cover, and simmer for five minutes. Serve on a hot platter, surrounded with Boston crackers, split and toasted. Finnan haddie is very good prepared in this

way, especially so is smoked salmon.

Moulded Jellyed Chicken

Chop fine some cold chicken until there are about two cups. Season delicately with a little salt, a very little white pepper, and one teaspoonful of celery seed. Hydrate one-fourth a box of gelatine; dissolve over hot water, and add to one cup of thin cream with which the beaten yolks of two eggs, or one whole beaten egg, has been mixed. Gradually mix this with a little of the chopped chicken in the bottom of a mould, adding further layers as the first becomes hard enough to hold the chicken. meat without rising to the top. Let stand in the refrigerator until firm, and when ready to use turn out on a pretty dish and garnish with chopped cucumbers mixed with chopped parsley.

Stew of Wild Ducks

Cut up the ducks as a chicken is cut for fricassée, and let boil for ten minutes in water barely to cover, with one raw carrot and one onion, cut in slices. Remove the pieces of duck, drain, dredge with flour mixed with salt and pepper, and sauté in hot fat until brown. Meantime, add to the water in which they were parboiled the necks and giblets of the ducks, a minced shallot, and a bunch of sweet herbs; then put in the browned pieces of duck, cover close and cook until tender, which will take nearly two hours. Take out the pieces of duck and place on the serving dish in the warming oven; strain the liquid in which they were cooked, return to the fire, and thicken with brown flour; add one cup of cream, in which an egg has been beaten, stir until the egg is set, pour over the duck meat, and garnish with slices of lemon and bits of curled celery.



Seasonable Menus for Week in January

SUNDAY	Breakfast Sliced Blood Oranges Shredded Wheat with Cream Poached Eggs on Toast Coffee	Breakfast Grapefruit Gluten Grits, Cream Breakfast Bacon Baked Potato Pancakes, Maple Syrup Coffee	WEDNESDAY
	Dinner Rib Roast of Beef Yorkshire Pudding Baked Sweet Potatoes Succotash Hearts of Lettuce French Dressing Orange Bavarian Cream Black Coffee	Luncheon Scotch Oatmeal Soup Mutton Pie with Potato Crust Jellied Apples Cocoa	
	Supper Olive Rabbit Toasted Pilot Crackers Raised Graham Rolls, reheated Baked Apples Cocoa	Dinner Sablefish Filets Beurre de Montpellier Riced Potatoes Brussels Sprouts Chocolate Cream Pie Coffee	
MONDAY	Breakfast Pettijohn's Breakfast Food, Milk Kipperd Herring Steamed Potato Corn Muffins Coffee	Breakfast Ralston's Wheat Food Dates, Thin Cream Pan-Broiled Meat Balls Sautéed Potatoes Raisin Bread Coffee	THURSDAY
	Luncheon Cream of Raisin Soup Sliced Cold Roast Beef Sweet Potato Sweet Croquettes Fruit Junket Tea or Milk	Luncheon Spaghetti with Cheese and Sweet Peppers Orange-and-Lettuce Salad Cup Custard Caramel Sauce Tea or Milk	
	Dinner Crown Roast of Pork Boiled Rice Apple Sauce Sauerkraut Coffee Jelly Lemonade	Dinner New England Boiled Dinner Greens with Hard-Boiled Eggs Apple Pan-Dowdy Coffee	
TUESDAY	Breakfast Stewed Prunes Malted Breakfast Food, Top Milk Egg-and-Rice Omelet Graham Toast Coffee	Breakfast Oranges Hominy and Milk Creamed Finnan Haddie Coffee	FRIDAY
	Luncheon Deviled Oysters Parkerhouse Rolls Pumpkin-and-Raisin Tarts Tea or Milk	Luncheon Chartreuse of Egg Plant Cream Cheese-and-Apple Jelly Salad Steamed Chocolate Pudding Tea or Milk	
	Dinner Boiled Mutton, Caper Sauce Mashed Potatoes Pickled Beets Baked Parsnips Cranberry Pie Coffee	Dinner Salmon Steaks with Cress Potato Balls Parsnip Fritters Lemon Pie Coffee	
SATURDAY	Breakfast Cream of Wheat with Chopped Figs Top Milk Fish and Vegetable Hash Raised Wholewheat Gems Coffee	Luncheon Individual Baked Beans Sweet Pickled Apples Boston Brown Bread Cream Puffs with Raspberry Sauce Tea or Milk	Dinner Braised Guinea Fowl Mashed Potatoes Spinach Black-and-White Pudding Coffee

Menus for January Luncheons

INDIVIDUAL TRAY LUNCHEONS FOR SMALL CARD PARTIES, THIMBLE PARTIES, ETC.

I

Jellied Bouillon (put through potato ricer)
Strawberry-and-Cheese Sandwiches
Spiced Chocolate Cup

II

Creamed Fish in Swedish Timbales
French Pastry
Coffee

III

Parmesan-and-Potato Purée	Saltines
Hearts of Lettuce-and-Grapefruit Salad	
Crusty Rolls	
Raspberry Punch	

IV

Sliced Chicken Loaf on Shredded Lettuce
Small Tea Biscuits
Jellied Prunes
Chocolate

V

Lemon Ice	Shrimp Salad in Salad Rolls	Sponge Fingers
	Coffee	

LUNCHEON FOR CHILDREN'S PARTY

	Creamed Oysters in Toast Boxes	
	Mounds of Carrot-and-Potato Balls, with Parsley	
	Roast Squab	
	Wild Grape Jelly Sauce	
Candied Sweet Potatoes	Apple Porcupine	Come A-gains
	Ice Cream in Fancy Shapes	
	Salted Almonds and Pecans	
Cluster Raisins		Bonbons
	Aerated Milk Julep	
		Spinach

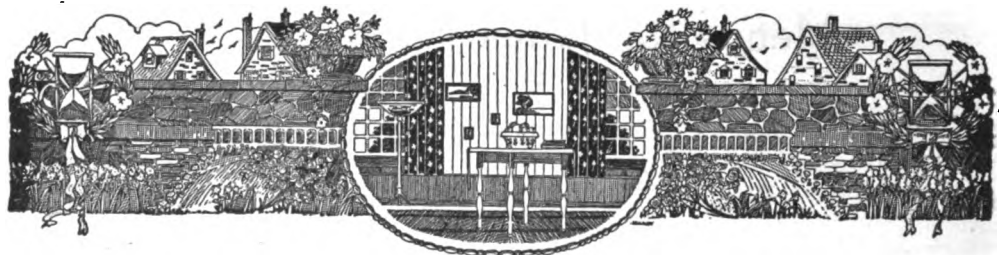
SIMPLE LUNCHEONS FOR GUESTS UNDER ONE-MAID OR SERVANTLESS CONDITIONS

I

	Cocktail of Orange Sections and Seeded Malaga Grapes	
	Breaded Fish Chops, Baked	
Duchesse Potatoes		Peas
	Finger Rolls	
	Cress-and-Lettuce Salad	
	French Dressing	
	Saltines	
	Strawberry Gelatine Jelly, iced, with Whipped Cream	
	Macaroons	
	Coffee	

II

Chicken Soup in Glass Cups		Pulled Bread
	Larded Fricandeau of Veal	
	Mushroom Sauce	
Rice Croquettes		Pea Timbales
	Apple-and-Nut Salad, Cream Dressing	
	Cheese Crackers	
Pineapple Sherbet		Coffee
	Fancy Cakes	



The Salem Cooking Pot

By Alice E. Whitaker

A WOMAN writer, skilled with cooking-spoon, as well as pen, sometimes asks her guests to dinner, where the main feature of the repast is brought on the table in an odd earthenware dish, set carefully on a folded napkin, laid on a china plate. The dish closely resembles a large, brown flower pot, as it flares considerably at the top, and is so tall that the guests about the table cannot see its contents. Hence, many a surprise. In fact, the host has to peer over the edge, as he judiciously selects the helpings suited to each one.

From this dish, on different occasions, come all sorts of viands, from baked beans, or a beef stew, to a brown chicken fricassée, and something intangible makes everything that is brought from its depths taste especially good. The very thick ware holds the heat without drying its contents, and it makes a grand plea for greater use of earthenware in cooking.

One day, when an especially savory meal had been served, the question rose as to the origin of the odd dish, pot or jar, in whichever class it comes. Then the hostess, descended from an old Salem family, disclosed the fact that it is an heirloom, a product of the old Beverly potteries, and that she knew of but one other in existence, as none had been made for many a year.

Now, all New England cooks know that beans must be baked in an earthen vessel, and are better served directly from it. The ultra-particular fold a napkin round its honest brownish red clay. Yet beans are sometimes offered for sale in quart or even pint tin cans,

light colored and lacking all the essentials of the true Boston beans, such as come out of the long-used, well-seasoned earthen pot, that perhaps has served more than one generation of hungry folk. Traditionally, these bean-pots, small at the top and bulging at the sides, are modelled after the pots of the Assyrians. Culinary history says, positively, that beans were being baked by the Indians, when the Puritan and Pilgrim housewives arrived, and that the new race was quick to adopt this method of cooking. Judge Sewall wrote, in his diary, of pork and beans and many other good eatables, for which he had a liking. Furthermore, Governor Winslow wrote in his "Good News from New England" of how he went to the aid of a sick sachem; "I caused a woman to bruise some corn and take the floure from it and we set the grut or broken corne in a pitkin; for they have earthen pots of all sizes."

The earthen pie-plates of old times were not as great a success as, for instance, the glass pie-plate of today. Many can remember the blue-edged white pie-plates on which mother made a dozen pies at a time, and before these were the thick, yellow, oblong plates from which came the corner pieces of pie much prized when great-grandfather was a boy. But it must be confessed that even if pies were removed from those plates and stacked on the store room, or "buttery" shelves, the plates became, in time, grease-soaked and imparted a rancid flavor to under crusts. Then the resourceful cook put the plates into a kettle of cold water with a little lye or potash, and slowly heated

them to remove all traces of fat from the ware. By this means the plates were handed down from mother to daughter and often outlived the cooks who used them.

No wonder that the time-honored New England dessert, "baked Indian," does not now always live up to its reputation, as it is generally baked in a small quantity, and in a metal dish. The pudding should be large and baked in an earthen dish, at a slow heat, in order to develop flavors and smoothness, as in the day of brick ovens, or constantly burning coal fires, and when one did not have to think of overworking the gas or electric meter.

Eighty years or more ago there were earthen pans in a row on the milk-room shelves into which was strained the new milk. At least one of those pans was reserved for baking Indian puddings, and a great, round loaf of "rye and Injun." Custards, baked in earthen cups, used to come on to the tea-tables of the foremothers; the thickness of the ware tended to slow cooking, which made the custard as smooth as velvet, a quality never secured by quick cookery. Tall gray pickle jars, with blue sprigs on the side, and wherein lay spiced and sour cucumbers and other pickle fodder, and larger jars with covers to fit, in which the housewife used to salt a piece of beef or

pork, are now and then seen in a home that has remained fairly permanent.

The modern casseroles do not gain greatly in favor, for they are little like the cooking jars of other days, being too small to produce the results of the old-fashioned earthen dish. They are also of greater weight than some of the very light wares that now find acceptance in the kitchenette or are conveniently handled in the frequent packing and fitting from one apartment to another.

Most cooks know of the superiority of fruits baked in earthenware; apples, pears and especially quinces that require long cooking, to make toothsome and bring out the flavors, are much better put into an earthen jar with a little water, covered close and left, unnoticed, in the oven for hours. By this means the fruit, or such portions as it may be cut into, will retain its shape, the color will be deepened to a dark red, and the flavor distilled to the most delectable point. Try baking fruit in a covered earthen jar and you will cook it no other way, unless you are doing light housekeeping and know no better flavors than come from the delicatessen shop and restaurant. Incidentally, cooking in earthenware presupposes a cupboard wherein to keep prepared food and also a range, conveniences that high rents and condensed quarters have almost put out of memory.

Boiling as an Art

By Ladd Plumley

THERE is great cookery art in the employment of boiling water, and an art which, although comparatively simple, as it is, does not as a rule receive the attention which it deserves. In a university of cookery one of the degrees might well be Ph.B.D. (Doctor of Boiling Philosophy).

At the bottom of the art of boiling, as the fundamental of the art, is the knowledge that salted water, while boiling, has

a much higher temperature than water without salt. Hence, if we desire to cook anything with the maximum of quickness, the use of heavy brine will greatly increase the rapidity of the cooking.

There are certain things, things which do not much absorb salt, that are far better if quickly boiled than if boiled slowly. Salmon or any fish and potatoes head this list.

The Romans who conquered Britain

learned a famous method for boiling salmon. A mighty iron pot, with a particularly tight-fitting cover, was employed by the Roman cooking experts. Under the pot was built an exceedingly hot fire, and filling the pot almost to the cover was a heavy brine, a brine that had absorbed all the salt which it could absorb. When this brine was in a thumping boil, chunks of salmon, one at a time, so as not much to decrease the heat, were thrown into the pot. Then the cover was put on, and the boiling continued at the highest possible temperature for the very minimum length of time that would thoroughly cook the salmon.

This mode for boiling salmon is well understood in Scotland, and on the border river Tweed it is the only mode employed. Try out the Roman method on a chunk of salmon in your own home. Use an iron pot that has a close-fitting cover. Until you have eaten boiled salmon, boiled after this receipt, you can never know how delicious boiled salmon can be.

This same method for rapid boiling in heavy brine produces such boiled potatoes as are fit for potato-eating gods. The brine should be so heavy that when it is poured off, and the potatoes dried by shaking briskly in the hot pot, the skins are whitely coated with salt. Before boiling, the potatoes should be thoroughly washed, but no portion, not a scrap, of the skin should be removed. Any slight blemishes can be removed with the skins after the potatoes are done. Potatoes with rot in them are only fit for the garbage pail.

One would suppose that potatoes boiled in heavy brine would be too salty for the taste. Such is not the case, however, as, when boiling, potatoes absorb very little salt. It is different with corn on the cob, and although fast boiling conserves the juices of the kernels, only sufficient salt in the water should be employed to make the water itself rather tasty. Test the water for corn by taste and do not use brine.

This is also true of beets, beet-tops, and green vegetables, generally. As to not absorbing salt from boiling brine, potatoes seem to be an exception, but most fresh vegetables are the better for rapid boiling.

Boiling dried beans is perfectly understood in lumber camps and in many portions of New England. Too much salt is to be avoided, and only sufficient to be tasty should be used. And the boiling should be done with the very minimum of water that is necessary and with the heat extremely moderate. The boiling should be long continued, for several hours, and until the beans are as tender as if fresh from the garden when put in the pot.

Just as fish requires the greatest rapidity in boiling to conserve their flavor, meat should be boiled with all the slowness that can be conjured. The French are masters of this art. No salt should be put into a stew until the meat is almost done. The French mode is to bring a very little water to a brisk boil. The meat is then dropped in, a bit at a time, keeping the pot bubbling merrily. A close-fitting cover is then secured on the stewing-pot, and the brisk boiling continued from seven to ten minutes. The temperature is then reduced, so that the pot barely simmers. And for three hours or more this cooking is continued, and until the meat will almost melt in the mouth. A rich gravy is made with the residuum of the boiling liquid. Thus nothing of the juices of the meat is lost, excepting those which evaporate in the steam, and only a close vessel, with a tightly-fitting cover, is suitable in making a stew.

This same mode should be employed for making a stew of poultry, but the cooking should not be as lengthy as in stewing meats. A test can be made, and when the pieces of the fowl are tender and ready to come away easily from the bone, the stew of poultry is ready for making the gravy.

Now, of course, most of the philosophy of boiling things is a part of the cooking

receipts of every book on cookery. But the trouble is that attention is frequently riveted on the receipt itself, other than definite directions for the mode of the cooking. And seldom will you find the fundamentals of boiling dwelt upon very clearly or warnings given that slow boiling injures many things, just as fast boiling improves certain things and injures others.

To repeat. If you desire the greatest possible heat, and, therefore, the quickest time limit for boiling, use, for those things which do not absorb too much salt, a heavy brine. A rich fish flesh, like salmon, is far better when quickly boiled, and brine does the work as quickly as it can be done. Thus cooked, potatoes no more resemble potatoes cut into chunks and slowly simmered in saltless water,

than a fried trout, eaten in a mountain streamside camp, resembles a stale fried flounder in a city restaurant.

If rightly done, boiling can conjure a toothsome dish, fit for an epicure, out of a tough shank of stringy beef. It can produce, for you, a dish of plain boiled pork and beans that can hardly be found, except in lumber camps, and on which you make a pleasing, wholesome meal. Artful boiling can make the toughest of aged roosters tender, and the most flabby of veal delicious. Artful boiling is really the foundation of the tall tower of good cookery. Those who take the trouble to master it have a kind of magic art at their disposal. Given almost anything that can be eaten, the master or mistress of boiling can turn you out a delicious meal.

Canned Economy

By Jeanette Y. Norton

THE old joke that "what we can't eat we can" has become a humorous recognition of our new-born American thrift. Before the war we were not, that is most of us were not, thrifty. As we learned the lesson, we felt we were having an awful time of it, and were duly sorry for ourselves. Some of us learned the rudiments, and used them under protest, while others got diplomas and saved money.

Today at the first intimation of trouble, threatened strikes and other disconcerting disasters, we return to our thrift primer, like the Westener to his cyclone cellar, to await the outcome of the storm. This is what is happening at the present time. Money seems to have retired from general free circulation to the seclusion of its vaults, possibly awaiting the next wave of prosperity. Meantime, the shadows of fear and hard times have driven people to the consideration of making one chop do the work of two and like problems.

A closer acquaintance with canned

products is bound to grow out of this condition. It is safe to say that the essential points about canned foods are not generally understood, and in but few instances are these foods properly cooked and served when purchased. There is more to this class of food cookery than the woman realizes who just opens the can and dumps the contents into a saucepan to heat. No wonder that so many people say they "don't eat canned food because it is so poor."

When the foods were in their swaddling-clothes stage, it is quite true they were poor eating. But science has stepped in, and the modern canning factory is a revelation to the visitor. They are the last word in sanitary conditions, cleanly attendants handling the best products, and chefs who thoroughly understand the art of food conservation in attendance. When people say that they are "afraid to eat canned foods," it is an acknowledgment of ignorance on their part of the progress of the industry. What do

they fear? After expensive and scientific experiments a firm puts products on the market and throws thousands of dollars into advertising; is it natural to believe they are attempting to kill off the public and spell ruin to their own enterprise? No, they are helping to solve the economic food problems, which if successful will return their original outlay and build a good business. It is up to the consumer to decide the fate of the product and a live one is more profitable than a dead one.

The preference for foods conserved in glass is simply from the fact that one can see what she is buying, though the best is the best in can, as well as in glass, a fact sometimes difficult to impress upon a doubting Thomas. Women, who are making food a study, order nowadays by brand, rather than by name of the food itself. They have learned that there is a choice in packers' methods. Tomatoes, for instance, come packed whole for fancy use, cut up for stewing, and in pieces with a larger quantity of liquid for soup. The cans are also in three sizes, and three prices. There is a best in each kind, and a little experimental buying will lead us to it. Large firms usually make these tests for their customers so they can recommend the best brands. The small grocer is usually open to suggestions of experienced buyers, and will get the brands that are sought by the customer if shown why they are the best.

A few pointers first upon buying canned goods may be helpful. In getting all sorts of canned fish, insist upon buying the season's pack and no left-overs. See that the cans are perfect, with no depressions or swellings and the labels clean and fresh; this is one way of telling new goods. Keep the fish in a cool place and remove from the can to a dish the moment it is opened.

The same rules apply to vegetables, and if upon opening a can there is the least sign of fermentation, return to the grocer with the complaint. The condition will be discovered by a bubbly foam

and a pungent, sour odor. No acid vegetables should be cooked in aluminum vessels.

Canned sweets, if not perfect, are apt to turn dark and the fruit assumes a flaccid look, while the syrup is cloudy in appearance and has a flat, or pungent taste. Return defective goods and insist that the grocer open a can from stock for comparison, and if both are bad, he must get back at the manufacturer and stop selling the stuff he has on hand. This correction is up to the women who buy.

Now, as to cooking canned goods. Take the square or round tins of asparagus, lay them on their sides in the sink, and with the can-opener open the can a quarter of an inch from the top, letting the brine drain into the sink. This preserves the heads intact and drains at the same time. Add fresh water and cook in any way wished. For peas or beans, green ones, open the can and turn contents into a saucepan, then hold the pan under the cold water faucet and let the water change slowly, until it is clear and ceases to foam, then, stew or heat in any way wished.

In opening all canned fish, drain thoroughly, remove skin and bones, and put on a dish until ready to prepare. The oil from the fish some cooks recommend saving for use in the fish dish, but this is a poor practice, for it is almost certain to exhibit a tinny flavor when combined with other cooking agents, especially if added to a cream dressing. Too great an appeal cannot be made to users for the instant removal from the can; the moment the food is exposed to the air it accentuates the tinny flavor in an amazingly short time.

Canned corn should be turned into the hot milk, or cream, instead of the reverse, which is usually the case; this keeps it from lumping and sticking to the saucepan. It requires merely heating hot and seasoning. Artichokes in oil should be drained, then creamed, or marinated for salad in French dressing.

Shrimp in some brands comes in a linen

bag inside the can, which keeps its color. If canned dry without the bag the fish turns dark wherever it comes in contact with the metal; whereas this is not a poisonous condition, it is unsightly. If the bagged variety is not at hand, select that which is in a brine, then drain before preparing.

Directions are on many cans and should be followed. Especially those that recommend heating in the can before opening, like plum pudding, for instance.

One advantage in buying food in glass containers is that it may remain in the container while in use. Extreme food faddists even remove the food shortening fats from their cans and keep them in glass or china, covered bowls. A study of canned products should be made by all housewives, and after experimenting for themselves they will make a better use of the foods during the period when fresh foods, especially vegetables and fruits, are unavailable, or very high in price.

Appetizers for Zest

By Julia W. Wolfe

MANY housewives overlook the importance of an appetizer. It is most refreshing and a whole lot more wholesome than rich soup. In fact, many women serve them in place of soup, these days.

And don't cling to the conventional, easy sort of appetizer — clams or grape-fruit, day by day. Try new things. Make use of a variety of fruits in preparing these appetizers.

Fruit glass is a delicious appetizer and very wholesome for the children. Take one orange, a small bunch of white grapes, and one-half a cupful of diced pineapple. Mix with a little sugar and allow to stand for about an hour. Just before serving add a cupful of grape juice. Serve in glasses. Another fruit glass is made by taking an equal quantity of sliced oranges, bananas and white grapes and mixing with a little sugar and lemon juice. This is unusually refreshing. In summer there are so many fruits that blend, but in winter try the ones mentioned.

If you have chicken dinner, some sort of tomato appetizer is a good choice.

A fruit appetizer precedes lamb or beef very well. A fruit appetizer is also

good before veal or pork or sausage.

Before fish some sort of vegetable appetizer, or one containing bacon may be served.

A mould of well-made, highly seasoned tomato jelly; a small mould, neatly in the center of a small plate, with a little minced parsley or a spoonful of Russian dressing, makes a delicious appetizer, quite as good to the eye as to the palate.

A tomato canapé is more easily made, for the tomato jelly must be planned, made and set to harden long beforehand.

For the canapé brown a slice of toast for each person and cut it to a neat round. Butter it while hot and place on it a round, rather thick slice of skinned tomato. On this place a spoonful of thick mayonnaise.

A slice of broiled bacon may be added to the tomato canapé to advantage. With this the mayonnaise is omitted.

Another bacon appetizer is this: Spread small slices of bread, toasted on the under side, with a paste made of well-seasoned yellow cheese. On each place two half-strips of bacon and broil until the bacon curls and the cheese browns. Bacon in sandwiches is always good.



Home Ideas *and* Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates

"It Looks Good Enough to Eat"

How Advertisements Help My Menus

JUST a few weeks ago I learned a new way to serve lettuce so that everybody at the table has a share of the crisp, delicately blanched heart. Not from a hostess, my neighbor, a cooking lecturer, nor a recipe book, either! But where? From the enticing advertisement in a magazine! And how I wished that I had known before that to cut a crisp, hard head of lettuce in sections like a canteloupe was not only an attractive way to serve a lettuce salad with mayonnaise, but the fairest way, too. For, you see, all summer I had a house guest whose one little failing was, more selfishly than politely, to help herself every day, exclusively, to the heart of the salad.

But after this tip I began to take more notice of advertisements featuring foods. Of course, the tempting pictures of luscious fruits, dainty gelatines, "gooey"-looking frosted cakes and savory-looking dishes of beans, macaroni and bacon had always subconsciously registered in my mind as I turned the pages looking for something interesting to read. They had even haunted me between the love scenes of a good story, but still I did not actually realize how practical they were. Now I see they are really wordless recipes! I never bothered to look up different ways of cooking ham, for example, yet now I recall a very toothsome-looking dish, pictured in a magazine advertisement during the war, to make ham stretch in an economical way. A glass casserole held a small slice of ham, and the rest of the dish was filled up with milk and sliced

potatoes. A mere suggestion of the "flavor," gravy was mentioned, and I knew how to make a new supper dish without any further details. Just because the recipe was cooked, so to speak, before my eyes.

Since then I have discovered, too, that such advertisements can plan a whole menu, as well as a salad or main dish. A very good Hallowe'en supper, consisting of Waldorf salad in apple cups, doughnuts, pumpkin pie, chocolate layer-cake, decorated with walnuts, and glasses of cider was spread before me, in magazine pages, just as I was wondering what to have instead of gingerbread and toasted marshmallows. And this inspiration came from a mere "ad" on cooking oil!

In the rather persistent trial of making every-day meals taste good just by a frequent shuffling about of the staple foods into what is known as variety, the advertisements are a boon. I didn't know what to make for a cake yesterday. The family let the last "feather cake" get so stale that it had to be steamed up finally, for cottage pudding. But when I opened the new magazine that came in the mail, there were advertised, in the most tempting pictures imaginable, two different kinds of cocoanut cake, an angel food, and a marshmallow filling to frost any kind of a cake. I decided to try the new, ready-made frosting, as a "different" surprise for the family. But to place the cake on a blue plate to make it as attractive as the angel cake thus pictured.

Going more thoroughly through this same issue, I found advertisements with recipes for corn fritters and syrup, corn-starch pudding, cup custards and cook-

ies, and a luncheon table, correctly and distinctively set.

The charm of color in advertisements makes one realize that the simple, everyday recipes can be more tempting if placed in dishes of attractively contrasting colors, and the table arranged in varying styles always with fruit or a vase of flowers for a centerpiece. The breakfast menus of a summertime, indeed, show one that these hard meals in hot weather can be as pleasant as any other. P. P.

* * *

New Islands in Thousand Island Dressing

THOUSAND island dressing! When do you ever get time to make it?" Marian took an appreciative bite of her salad — crisp lettuce, with its faintly pink covering.

"Your thousand island dressing is the best I have ever tasted; every time I eat it, it seems better than the last time."

"Perhaps it is," I smiled knowingly. "You see, it is never twice the same."

"But I don't understand — it is hard to make — that dreadful oil mayonnaise — and my family will not eat oil in dressings —"

"It is easy enough when you know how. I never use oil mayonnaise, for I have that same kind of a family. Instead I use boiled dressing. Perhaps you would like my simple recipe, subject to revisions. It is one cup of boiled dressing, one tablespoonful, each, of minced onion, green pepper and pimiento, a hard-boiled egg, chopped fine, plenty of paprika and salt to taste. A tablespoonful of tarragon vinegar, or walnut catsup adds a piquant flavor."

Marian looked up meditatively. "But there is no egg nor green pepper in this —"

"No, that's a variation thousand island dressing, I call it. Mix three tablespoonfuls of chili sauce, home-made, or any good brand on the market, with a cup of boiled dressing and it is ready to use. You may add a few chopped olives

or a diced pickle to make it more festive, but it is very palatable just as it is."

Marian nodded her approval.

"Sometimes, when the boiled dressing jar is empty, I use whipped cream, flavored with lemon juice and tarragon vinegar. A little paprika, chopped olives, green peppers, and pimientos, and you have a concoction fit for the king of all salads."

"Fit for the king of the house, too," Marian smiled at her own remark. "Tom shall have thousand island dressing for dinner, made with my own hands. I am going to use the original recipe, but I think that I will add a little chili sauce instead of the pimientos —"

Marian was already finding new islands to conquer. F. B.

* * *

A Different Ice-Chest

YOU'LL have to excuse me for a minute," said the friend upon whom I was calling one afternoon, as a heavy step sounded on the path around the house. "Here comes that dirty-footed, and none too honest, iceman."

She hurried out to her clean little kitchen, where the iceman was evidently making havoc upon her fresh-scrubbed floor.

"If they'd only come in the morning," she sighed, as she returned a few minutes later, "but, of course, *some one* has to have him in the afternoon and I happen to be at the very end of his route."

"Well," I reminded her, "perhaps when you build next year, you won't have to keep your ice-chest in the kitchen at all."

"Oh, yes," my friend quickly replied, "I'm going to have it in the kitchen to save steps, but it's going to be the most wonderful ice-chest you ever saw. In the first place, I'm going to have it built into the house and constructed so that the ice will be put in from outdoors. You open a little square door, outside, and there you see another door, and that opens right into the ice-chamber. And I'm going to have something else, too.

It's my own idea. I'm going to have the ice-chamber so arranged that the frame, on which the ice will be set, is the plate of *scales* that will always record the weight — a sort of ice-meter, you might say. This weight will be registered by a dial, placed where I can read it easily. Don't you see? Then I can tell at a glance just the amount of ice on hand and also, what is even better, just how much the ice-man is leaving. Just think! He can never cheat me again. No, I've never seen an ice-chest of this kind, but I believe the idea is practical. Maybe I'll patent it some day."

A. A. K.

* * *

Uses for Beef — "Ham Flavor"

SELLECT five or six pounds of a cheap cut of beef — neck is good — and cook with it about a pound and a half of the very end of a smoked ham or shoulder. These should simmer, very slowly, several hours, or be cooked in a fireless cooker; the meat when tender is passed through a food chopper. This, when seasoned and mixed with lemon juice and salad dressing, makes a delicious, satisfying and inexpensive sandwich filling.

The chopped meat may be kept on hand several days in cold weather, and is useful in many ways. With a biscuit dough, for crust, it makes a good meat pie; moisten the meat, add bits of butter, place in a casserole and cover with the crust, which may be rolled to fit the dish, cut in strips, or made in biscuit form or doughnut shape. Season some of the meat, adding to it grated, yellow rind of lemon peel; line buttered cups with boiled rice, place meat in the center, cover with rice and steam one hour; turn out and serve with tomato sauce. Heat some of the chopped meat, season with paprika and a speck of sage, dredge with flour and stir well; add boiling water or stock and allow to simmer a few minutes. Serve on bread, toasted on one side, adding butter to the meat the last thing.

This meat is good to use in making

hash, the ham adding zest to the combination of potato and vegetables; here a little lemon juice changes the flavor. The very last bit of meat may be extended a long way by making a biscuit dough; spread it lightly with butter and sprinkle on the meat. Then roll it up like a jelly roll and bake in a hot oven; serve with tomato or drawn butter sauce. C. M. P.

* * *

"Happy Habits"

I HAVE a box in my pantry which I call the Treat box. Into it I put the few cents left over from the wash, the milk, or the sale of papers or rags, anything which comes to less in my budget than I had planned. Though only a little at a time, it mounts up in a week or a month. I use this for little treats; a quart of ice cream on a very warm day, a few toys bought when on a walk with the children, a short trip after a day's work, or any unexpected pleasure which is a real treat for all of us, or a special surprise for one of us, for a special reason.

I find the pint boxes that ice cream is sold in are very good for lunches. I made a salad recently and put it in one of these boxes, and it was delicious when we needed it on a picnic. The boxes are inexpensive; any ice cream store will sell a few, and they are light to carry, easily washed and dried and used again, and are fine for pickles, salads, sandwich fillings or any moist articles.

When there are two or more birthdays among my relatives or friends in the same month, I have found it a jolly plan to celebrate them at one time. I invite the friends to a tea or supper and have place cards and jokes, besides one big birthday cake and a special meal with their favorite dishes.

In a pleasant neighborhood some friends conceived the idea of neighbor dinners. One house was chosen, and each friend or family brought one part

of the meal, while the hostess prepared the table and, perhaps, the tea or coffee. This was fun at noontime, when the children enjoyed it like a picnic and no one had much work. The friends took turns, and found it made quite a variety in the busy days to meet once a week or a month together.

L. L. R.

* * *

Give the Salt Cellar a Back Seat

IT was years ago, I hate to think how many years, that I sat paring narrow white bands around great Irish potatoes. "Put a tablespoon of salt in the water; father don't like them mealy," instructed mother, and while she set me an example of wifely virtue in catering to father's taste exclusively, she did *not* set a good dish of potatoes on the table. The salt served its purpose and prevented them from becoming mealy, in other words it toughened them, as it will toughen everything to which it is added in the beginning.

If you want to see for yourself, try adding a little salt to the water in which roasting ears are to be boiled. Its effect is more noticeable with corn than, perhaps, any other vegetable; it is so plain that I could see it for myself in the first rookie days of housekeeping. Salt toughens meat too, if added at first; hash, boiling meat, frying meat should not be seasoned until almost cooked, and to salt broiling meat is to furnish yourself with broiled leather.

When I was first married, I spent many mystified moments wondering why beans boiled with ham were so hard and indigestible, even after hours of cooking, until one day the light broke in; it was the salt in the ham doing it! After I made this discovery, I always cooked them half-done in clear water, then drained them and finished cooking in the ham stock.

One morning I forgot to salt the carrots, and the soft tender cubes that rewarded my carelessness called my attention again to the salt menace.

Every one knows what too much salt will do to bread; and although some fine sounding recipes call for a teaspoonful of salt, I have never been able to get a nice, fluffy cake if I use it.

It remained for my fifteen year old son to tell me that salt toughens fried eggs. I teach all my boys to cook, an art which it behooves every man to get acquainted with, and he made the discovery himself. It seems strange that with years of observing and experimenting this had never occurred to me, but when I tried it, I was amazed at the improvement. The yellow stands round and firm in its nest of soft, tender white; even the cold storage eggs are better.

Even if you have a houseful of boys, you will never regret teaching every last one of them to cook, for there will come a time in their lives, some day, when they will need this knowledge, and they will bless you for teaching them. It was a man, by the way, who told me that fudge is lighter and creamier, if a small pinch of salt is put in at the last of the stirring.

These are but a few of the foods that resent an early appearance of the salt can, foods that have come to my notice suddenly and therefore forcefully. There are many others; watch for them and experiment with them both ways, before and after, and convince yourself that too much salt is almost as bad as too much mustard. If a sceptical cook raises a question, refer her to mixed pickle-making and call her attention to the toughened vegetables that stay solid and firm in the jar because of the salt bath over night.

And when a perplexed little bride struggles with the mysteries and disappointments of the new kitchen, tell her kindly what you have observed, instead of laughing at her as I have known well-meaning, but thoughtless women to do. I know how it hurts to have one's early efforts laughed at, and I have a warm spot in my heart, still, for the kind, helpful women who helped me to remedy my mistakes instead of laughing at them.

A. K. R.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. *AMERICAN COOKERY*, 221 Columbus Ave., Boston, Mass.

QUERY No. 4256. — "Can you let us have a good recipe for a Marshmallow Filling for layer cake? Also one for Marshmallow Frosting?"

Marshmallow Filling

BLANCH one-fourth a cup of almond meats, brown lightly in oven, and chop. Cut up ten or twelve marshmallows into very small pieces; mix with the nuts, and add enough plain white icing, or any soft cake filling, to make a cup. A good, soft filling might be made by cooking three tablespoonfuls of flour, blended smooth, with two tablespoonfuls of butter in one cup of milk, stirring until the whole boils, then adding one well-beaten egg, four tablespoonfuls of sugar, and the juice of half a lemon. The marshmallows and nuts added to this make a very good filling, or marshmallows alone, since the lemon juice will make up for lack of flavor.

Marshmallow Frosting

Heat in a double boiler one-fourth a pound of marshmallows, cut up into small pieces. When very soft add two tablespoonfuls of boiling water, cover, and let cook until smooth. Meantime heat six tablespoonfuls of sugar in two tablespoonfuls of milk over the fire; stir until sugar is melted, then let boil with constant stirring five or six minutes, and immediately beat into the softened marshmallows. Continue beating until nearly cool; add flavoring to taste, and spread at once over the cake.

QUERY No. 4257. — "Will you please answer the following questions in your magazine at your earliest convenience? How can I make Tomato Soup without curdling and without using soda? How shall I make Candied Sweet Potatoes? Have you a good recipe for Coffee Roll? Why do my cakes, when baked in a greaseless pan, rise higher in the middle than at the sides? Should not a well-made cake be flat on top?"

To Make Tomato Soup without Curdling

Sift one pint can of tomatoes and add this to a saucepan in which two tablespoonfuls of butter and four tablespoonfuls of flour have been blended to a smooth paste. Cook the whole until thick, stirring all the while. Season with two teaspoonfuls of salt, one teaspoonful of pepper, and one tablespoonful of sugar. Add, gradually, or one-third at a time, one quart of hot milk, and keep stirring until the whole boils. Vigorous and persevering stirring after the milk is added, no matter how much the mixture "ropes" at first, will result in a smooth and uncurdled soup. It may be necessary to add a little more flour thickening with the milk.

Candied Sweet Potatoes I

Cut into slices or sections cold, boiled sweet potatoes; put into a baking dish, where three or four tablespoonfuls of water, or barely enough to cover the bottom of the dish, have been poured. Spread over the potato slices a little melted butter, then cover with granulated

sugar, and bake until sugar melts and browns slightly.

Candied Sweet Potatoes II

Parboil the potatoes, cut into pieces of the desired shape and size, and put into a saucepan, where two cups of sugar and one cup of water have boiled for eight or ten minutes. Let the potatoes cook in this syrup until it forms a thread, or reaches 225 deg. Fah. Lift out and dry on glazed paper.

Coffee Roll

Make a rather rich dough by using three cups of flour, sifted with one teaspoonful, each, of salt and ground mace, and one-half a cup of sugar. Add one cup of milk, in which one compressed yeast cake has been blended, and work in one-half a cup of softened butter. Knead, let rise in a warm place, roll out to one-fourth an inch thick, cut into long strips, and twist these around the outside of a well-greased mould or pan, cylindrical in form, joining the strips where necessary, by moistening the edges. Let rise again; bake in a moderate oven, and when nearly done brush over with sugar and water and sprinkle the top with fine-chopped almonds, mixed with dry sugar and cinnamon. Currants, raisins, or candied peel may be worked in, if desired, at the last kneading.

Cakes Baked in a Greaseless Pan

These will rise higher in the middle because the batter is held by the pan, if the sides are not greased to lessen friction and cause a kind of lubrication, making the batter slip over them easily as it rises from the heat of the oven. This holding down of the batter will be seen to be more evident at the corners, where the pan is of square or rectangular shape.

Yes, a well-made cake should be flat on the top, provided the oven temperature is right; too much heat, at first, will result in a rise in the center. But, if the cake is otherwise good, this is a slight defect.

QUERY No. 4258. — "Can you tell me any Foods that contain Lime to a great extent? Can you refer me to some book where this information is given?"

Foods That Contain Lime

Hard cheese, molasses, cottage cheese, almonds, water-cress, eggs, chives, turnip tops, dried beans, milk, cauliflower, and dried peas, are all foods rich in lime. One of the most useful is milk, which contains, for equal volumes, more lime than lime-water. You will find the information you seek in Professor Sherman's book entitled "Chemistry of Food and Nutrition"; and in more popular form in the little book called "Breakfasts, Lunches, and Dinners," published by the American Cookery Magazine Company. Both books can be supplied from this office.

QUERY No. 4259. — "Please print at your earliest convenience a recipe for Yellow, Split Pea Soup."

Yellow Split Pea Soup

Soak overnight one cup and one-fourth of the yellow, split, dried peas, drain, and add one quart of water and one onion. Let simmer until soft, keeping up the quantity of water, then press through a colander, season with two teaspoonfuls of salt and one-half a teaspoonful of pepper, with a little paprika or dried herbs if desired; return to kettle; add a pint of broth or stock, and thicken enough to keep pea-pulp from sinking to the bottom by adding four tablespoonfuls of flour, rubbed smooth with two tablespoonfuls of butter, and stirring until the whole boils. Milk may be substituted for the stock, in which case the soup should be thickened before the milk is added.

QUERY No. 4260. — "Will you please tell me how to make Sauerkraut? Also I should like to know how to make an Indian Loaf Cake that is slightly sweet, made of yellow meal, and is served hot for breakfast. I also wish a recipe for Currant Jelly Sauce for game."

Sauerkraut

Put in the bottom of a keg or barrel —

a vinegar barrel is the best — a layer of coarse salt, and over this a layer of firm, white cabbage, sliced in rather fine shreds. Season with pepper or juniper berries — coriander seeds are often used by European makers — and proceed making alternate layers of coarse salt and sliced cabbage with seasoning until the barrel is full. Each layer of cabbage should be pressed down with a large, heavy pestle until the juice floats on the surface, and not until then should the next layer be added. Do not use too much salt. When barrel is full put into a dry cellar, place a cloth on top, over this a circular board, or planks that can be heavily weighted. The mixture will ferment at the end of a few days; then the pickle should be drawn off and replaced with fresh, and the process should be continued, day after day, until the liquid becomes clear. Then renew the cloth, cover securely, and let stand a month before using. As little air as possible should be allowed to enter, and the barrel should be covered immediately after opening. The sauerkraut, before serving, should be boiled until soft; it may be eaten in this way or fried in butter on a hot pan after boiling. This recipe is from the old country.

Indian Loaf Cake

Scald together one cup of sugar, one-fourth a cup of butter, and one teaspoonful of salt, then add yellow Indian meal enough to make a thick mush. Beat all hard for fifteen minutes, and set to cool. When cooled to blood-heat, add three well-beaten eggs, one cup of slightly warmed milk in which one yeast cake has been blended, and beat hard for fifteen minutes more. The success of this cake depends on the beatings. Have ready a large pipe mould, greased thick and then floured (Indian is apt to stick), put in the beaten mixture, cover, and let rise in a warm place four hours, or, in not so warm a place, overnight. Bake two hours in a moderate oven. Turn out top side down, cut in slices with a hot knife, spread with butter and eat while hot.

Currant Jelly Sauce for Game

Cook one onion in three tablespoonfuls of butter until just brown; add one bay leaf, one stalk of celery, chopped, two tablespoonfuls of flour, one-half a teaspoonful of salt, one-fourth a teaspoonful of pepper; blend all smooth, and add gradually one pint of stock. Keep stirring until it boils; let simmer, or cook in a double boiler for fifteen minutes; strain, add half a cup of currant jelly, and stir over fire until jelly is melted.

QUERY No. 4261. — "How do Nuts compare in Food Value with meats, eggs, cheese, and other protein foods? I have been looking for information on this subject, and any you give me will be appreciated."

Food Value of Nuts

Taken on the average, nuts contain about as much protein as fish, or somewhat less than beef or eggs, and, perhaps, a little less than half as much as cheese. Most nuts contain a good deal of fat, but except in almonds and pecans the fat is not in a form to be easily digested or assimilated. The thin brown coating of the kernels seems to have some nerve-irritating quality, and ought to be removed. The kernels themselves need long, patient, and thorough mastication, and ought to be reduced to a smooth pulp before swallowing. When these conditions are fulfilled, nuts may be used to some extent to supplement, or as a substitute for, other protein foods. Digestive and other disturbances often proceed from a sudden change to nuts in fairly large quantity, when one has been accustomed to other proteins.

QUERY No. 4262. — "Will you please give me a recipe for hot Cakes made with Sour Milk? Tell me how thick the batter should be. Which is the best for cooking them, a griddle or a cast-iron frying pan? I have been using a teaspoonful of soda to a cup of sour milk, but my cakes have been awfully flat."

Sour Milk Pancakes

Sift a pint of flour with two teaspoonfuls of baking powder, and one-half a teaspoonful of salt. Stir into one pint of

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like me. For there's a vast difference—my thousands of tiny, busy, bristling fingers of special scour-tempered copper reach into the crevices for you and grab the grime. My specially treated suction-fibres grip the then loosened grit. Let these fingers save yours.

I work as long as I have a thread to my back.

I eat only work. I cost but a dime. I save my cost more than three times a day. Let me come tomorrow. Let me be your ChoreBoy.

Sold where you buy soap, cleansers, cleaners, or utensils. Or I'll come paid post haste for a dime if you'll mention your dealer's name.

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thick clabbered milk, in which one-fourth a cup of molasses has been mixed — one teaspoonful of soda having been first added to the molasses. Add to the batter one well-beaten egg and two tablespoonfuls of melted butter. This should make a dozen not very large cakes. The batter should be kept beaten, once in a while, between fryings of the cakes. The egg may be omitted.

Where sour milk is used, no definite test for thickness of the batter can be given; this will depend on the thickness of the clabber. It will be all right to measure equal parts of flour and milk.

If you mean which is best, a soapstone griddle or an iron pan, this will depend on your own choice. Cakes baked on a soapstone griddle are prettier to look at, but a little tougher than those cooked on a greased pan.

QUERY No. 4263. — "I should be very grateful for a recipe for Fruit Bars. The ones I mean are like cookies."

Fruit Bars

We are not quite sure whether we know exactly what you mean, for the so-called fruit-bars with which we are most familiar are a kind of candy, made with dried fruits and sugar. However, the following recipe, if baked in a sheet and cut into bars, will, at least, deserve the name of fruit-bars.

Cream one-half a pound of butter; add very gradually three-fourths a cup of sugar and one-half a pound of flour, with or without spices to taste. Beat into this mixture, one at a time, the yolks of four eggs, then work in a pound of raisins, seeded and chopped, and half a pound, each, of currants and chopped, dried figs. All these should be lightly floured. Add with the fruit and, a little at a time, one-third a cup of molasses, and, finally, the stiff-beaten whites of the four eggs. Very thorough beating is needed in making this cake. Bake in a rather deep, square pan, lined with greased paper.

New Books

The Art of Home Decoration. By MARY HARROD NORTHEND. Dodd, Mead & Company, New York.

The Art of Home Decoration is divided into chapters, each of which discusses methods of furnishing and decorating a different room. There is a chapter for the porch, for the hall, the living room, the dining room, the bedroom and even the attic. Such subjects as fireplaces, screens, windows, built-in furniture, glass doors and dressing tables each has a chapter devoted to it. With the author's wide knowledge of her subject and the practical way in which she solves the problems which confront any one who is interested in the artistic furnishing and decorating of a house, she has written a valuable book. It is beautifully illustrated from photographs taken from the author's collection, which is, by the way, one of the very best collections of views, both interior and exterior, of Colonial homes in this country.

From entrance to attic, in twenty-three chapters, ideas are presented and illustrations given, which may prove suggestive and helpful to many readers. The readers of AMERICAN COOKERY may note a close resemblance in some items to articles by the same author, which have appeared, from time to time, in that magazine.

Good Night Stories. By LAURA ROUNDTREE SMITH and *Children's Games for All Seasons.* By TERESA M. BRUCK. Published by Sternton & Van Vleet Co., of Chicago.

These books are finely illustrated, and well printed and bound. In every respect they are adapted to please, amuse and entertain young children at every season of the year. Stories, fairy tales and rhymes, games, both indoor and outdoor, all are made much of to attract the attention, to incite and cultivate the imagination of children. The child's fondness for games

Staple as Gold



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and stories seems innate. Every effort that is made to gratify this longing and guide it aright is worthy of appreciation.

A Shaw Anecdote

George Bernard Shaw was lecturing in Dublin, and, as is his practice when talking to his compatriots, he began by finding the most uncomplimentary thing he could say. So he launched into an embittered tirade on the state of the children's teeth which he had noticed walking through the poorer quarters of the city.

"If you would devote the money to dentistry which you waste on reviving Irish, a dead language, it would do you more credit."

At this, the audience began to hiss and boo most vigorously. Shaw waited for a momentary lull in the storm and then retorted: "If you don't keep quiet I'll continue this lecture in Irish, and then not one of you will understand a word of it." There was attentive silence from that moment.

The Silver Lining

Amanda and Her Kitchen

Two years ago Miss Amanda Brown
Was the very best dressmaker in our town.
From morning till evening, and day after day,
She cut and fitted and sewed away
On bridal trousseau or Sunday gown.
But sometimes to her friends Miss Amanda Brown
Would say, with a sigh, "Yes, I'm always
stitchin',
But, oh, how I envy folks with a kitchen!"

But after a while for Amanda Brown
Did the wheel of Dame Fortune turn up and not
down.

I need not here dwell on how it surprised her
When a far-western lawyer wrote and advised her
That a fortune that needed five figures to reckon
Had been left her by will, and was now hers to
check on.

"Well, then," laughed Amanda, "I'll do no more
stitchin';
At last I shall have what I've longed for — a
kitchen."

Thereafter, no woman in all of our town
Was so carefree and happy as Miss 'Manda
Brown,

And, although we could not but feel it a pity
That we had to wear ready-made things from the
city,

Yet the friends whom to dinner she daily invited,
With the good things she gave them to eat were
delighted,

And Amanda said gaily, "This is better than
stitchin';
I just simply love to work in my kitchen."

But habit is habit, as every one knows,
And Amanda changed less than perhaps you
suppose,

Though she measured things now, not by yards,
but by ounces,
And 'twas eggs that she shirred now instead of
our founcies.

For she dressed her salads and trimmed her
toast;

She scalloped her oysters and basted her roast.
No longer she patiently whipped up a seam,
But briskly feathered and whipped the cream.
Her color-schemes were a feast to the eyes;
She crimped and fluted the rims of her pies.

Not lace and chiffon than her cakes were more
fluffy;

She tucked in their tins her biscuit so puffy.
She cut out her cookies, their edges she rolled;
She pressed her galantines into their mould,
And when enough scraps for croquettes she'd be
finding,

She knew how to use an egg for a binding.
"How odd," said Amanda, "that when I was
stitchin',
I did just the same things I do now in my
kitchen."

Mary Barron Washburn.



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and of the same *quality* as Daddy's.

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holding up baby's tiny socks—
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Grip garters for "grown-ups"—
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Sunsweet again scores an innovation! Our new Recipe Packet—"Sunsweet Surprises for 1922"—is opening up new prune-possibilities in kitchens the nation over. And it's free! California Prune and Apricot Growers Inc., 196 Market St., San Jose, Cal. 11,000 growers.

Even if you have a "pet" method of stewing prunes—why not try this recipe worked out after many tests by Mrs. Belle DeGraf, our Domestic Science Director [shown here in her Sunsweet kitchen-laboratory]:

First—soak them over night, if possible—but if not, for several hours at least. Second—cook them *slowly* until tender in the water in which they were soaked. Third—use plenty of water so the fruit will be "loose." Fourth—be sure you don't cook them too long as they will become too soft. Flavor with an inch stick of cinnamon or some lemon or orange juice. Sugar is not required, as slow cooking brings out the rich fruit sugar in Sunsweet Prunes. If sugar is added, however, put it in after the prunes are cooked but while still hot so the sugar will dissolve.

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BROOKLINE



Grape Fruit Cocktail

2 grapefruit
1 box Campfire Marshmallows
¾ cup maraschino syrup
6 maraschino cherries

Pare grapefruit, remove sections free from membrane and cut in pieces. Add Campfire Marshmallows cut in pieces and grapefruit juice and leave in cold place one hour. Add maraschino syrup. Divide into six cocktail glasses and garnish with cherries each cut in six pieces.

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Deadly Dull

The physical culture teacher of a small Indiana college was giving a lesson to his class and happened to give a neck exercise which consisted of bending the neck until the head almost touched the shoulder. But some of his students did not bend far enough to suit him.

"Get some pep into you," he exclaimed. "This is a simple exercise, just to put your head on your own shoulder."

Several of the students giggled and the teacher looked surprised. Then one exclaimed:

"Yes, it's easy enough, professor, but decidedly uninteresting — to put your own head on your own shoulder."

Indianapolis News.

A story is told of a man in a back pew of a London church seen from the pulpit with his hat on. The minister beckoned to a deacon, who went to the man and asked if he was aware that his hat was on. "Thank God!" said the man. "I thought that would do it. I have attended this church for six months, and you are the first who has spoken to me."

Australian Christian World.

Somebody asked Coleridge once if he wasn't afraid of ghosts, and Coleridge said, "No, I am not afraid of ghosts." And the man said, "Well, Mr. Coleridge, why are you not afraid of ghosts?" And Coleridge answered, "I am not afraid of them, because I have seen so many of them."

A little saying from a seven-year-old girl.

Neighbor: "How is your mother this morning?"

Little Girl: "My mother is at the hospital."

Neighbor: "Why! I did not know your mother was ill."

Little Girl: "No, it is my aunt who is ill."

Neighbor: "What is the matter with your aunt?"

Little Girl: "She has a bad headache."



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Neighbor: "Why! I did not know any
 one went to the hospital for a bad head-
 ache!" The little girl, looking up quickly
 with a very interested, bright look on her
 face, said, "That is not the real reason,
 I think; they are spelling things on me."

"He hit me on de koko, yer Honor."
 "Your head?" "Yes, yer Honor." "Why
 don't you speak the English language?"
 "I do, yer Honor. I never wuz out of dis
 country in me life." — *Birmingham Age-
 Herald.*

A still pertinent commentary on our
 public education: When the little boy
 came home from his first day at school he
 was crying. His mother asked him what
 was the matter. He said, "Teacher
 thook me." "Why did she shake you?"
 inquired his mother. "Because I didn't
 know a wud. An' I didn't know the
 wud any more after thee thook me than
 I did before!"

Uncle Jethro sat fishing on the banks
 of a tiny rivulet when a stranger stopped
 beside him and said, "Is it possible that
 there are any fish in such a small stream
 as that?" "No, there ain't none," Uncle
 Jeth grunted. "But you're fishing!"
 "Yep," said Uncle Jeth. "What, then,
 is your object?" "My object," said
 Uncle Jeth, "is to show my wife I ain't
 got no time to sift the ashes." — *New
 York Times.*

A Hyde Park orator returning home
 flushed with his efforts, and also from
 certain spiritous causes, found a mild
 curate seated opposite in the tram-car.
 "It may interest you to know," he said
 truculently, "that I don't believe in the
 existence of a 'eaven.'" The curate merely
 nodded, and went on reading his news-
 paper. "You don't quite realize what
 I'm trying to make clear. I want you to
 understand that I don't believe for a
 single, solitary moment that such a place
 as 'eaven exists.'" "All right, all right,"
 answered the curate pleasantly, "go to
 hell, only don't make quite so much fuss
 about it." — *Tatler.*



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1 package 55c; 2 packages \$1.00

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Patron (crossly): "Say, waiter, what are these black specks in my cereal?"

Waiter (after a close inspection): "Dunno, sir, unless it's some of them vitamins every one is talking about now."—*Life*.

Grateful Appreciation

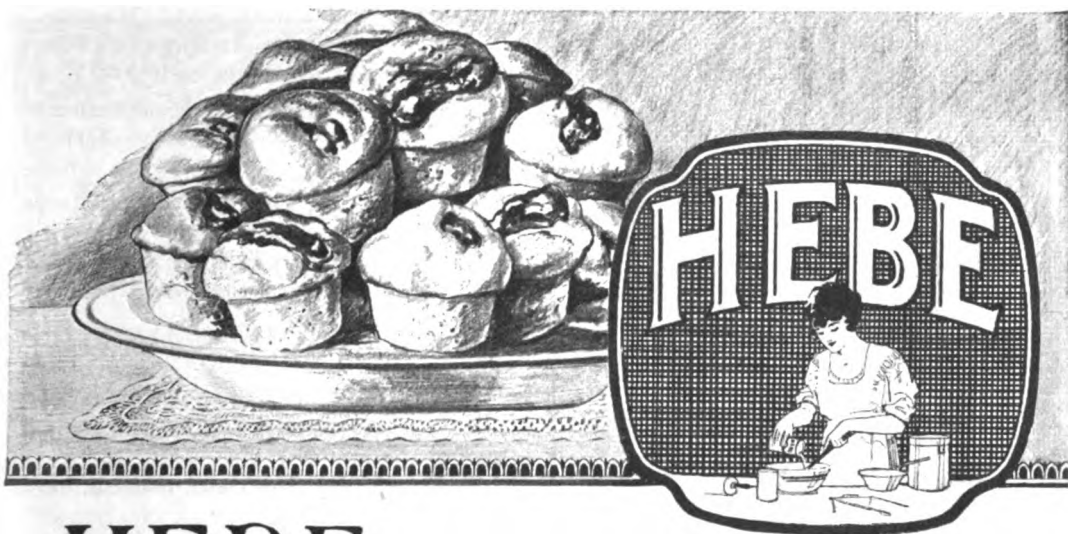
When Whistler, the famous artist, was living in London he was annoyed not a little by a bumptious Englishman who always persisted in accosting him familiarly in public places.

"Hello, Whistler," exclaimed the pest as they met one afternoon in a club. "Hello, Whistler, I passed your house today."

"Thank you," retorted the artist fervently. — *Saturday Evening Post*.

The wife of the vicar of a fashionable London suburb tells the story of a new parlormaid who was a great success. One day, however, she went out wearing clothes very much "above her station," and got into a motor-car, which was waiting near the vicarage gate. When she returned a few hours later, the vicar's wife, more in sorrow than anger, suggested that domestic servants who dressed fashionably and drove off in motor-cars were hardly suitable for the ecclesiastical atmosphere. Then the girl confessed. "Oh," she said, "don't be alarmed. The man with the motor-car is my father. He made a lot of money during the war, and now we live in a large house. But we didn't know quite how things were done by well-bred people, and so I took this job to find out." — *Tit-Bits*.

The story is told again, in the Tumulty history of the former President, of Mr. Wilson's father, a Presbyterian minister in Augusta, Ga. One summer day he was driving through the city, behind his gray mare. A man sitting in front of a store looked up and saw the parson, who was



HEBE made these delicious sweet muffins

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup syrup or honey
 1 egg, beaten
 $\frac{3}{4}$ cup HEBE diluted with 1 tablespoonful water
 2 cups flour
 3 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

Mix butter and syrup or honey together and add beaten egg. Sift flour, baking powder and salt together and add to first mixture alternately with diluted HEBE. Place 2 raisins or a date on top of each muffin and bake in greased and floured gem pans about 25 minutes, in a moderate oven. This makes 12 muffins.

This and many other recipes and suggestions for delicious dishes at little cost are contained in the HEBE recipe booklet. You will be delighted to learn that HEBE can be used in almost everything you cook or bake. Use it as a cooking liquid—it moistens, shortens and enriches. Use it constantly and you will notice a decided improvement in your cooking—finer flavor, better results. HEBE never fails.

HEBE is made of pure skimmed milk evaporated to double strength enriched with vegetable fat. It helps to balance the diet and adds food value to your cooking.

HEBE is sold by grocers everywhere. Teachers of cooking are recommending it to their pupils. The HEBE recipe booklet is sent free. Write to 2115 Consumers Bldg., Chicago.

THE HEBE COMPANY

Chicago

New York

Seattle





Something new.. ideal for luncheon

AMBASSADOR Brand LUNCHEON HADDIES is the answer to your ever-present question, "What shall I have for luncheon that's new and deliciously different, yet inexpensive and easy to prepare?"

LUNCHEON HADDIES are the carefully selected white flakes of firm, fresh haddock, cooked, slightly salted, and delicately smoked. Packed by our special process as soon as taken from the water. No other fish is mixed with LUNCHEON HADDIES. There are no bones. Only the choicest fish are used. Each can is packed full of solid meat. It's different from any other canned fish you've ever tasted.

Try This Recipe

LUNCHEON HADDIES SALAD. Mix contents with Mayonnaise Dressing, add chopped stuffed olives, let stand one hour in cool place. Turn on crisp lettuce leaves and serve. Just the thing for luncheon, Sunday night supper, or for the unexpected guest.

SPECIAL OFFER

Six full cans of LUNCHEON HADDIES will be sent postpaid if you sign the coupon and slip it in an envelope with a dollar bill. Try them at our risk. If you are not entirely satisfied with the first mouthful, your dollar will be refunded immediately. Mail the coupon today.

DEEP SEA FISHERIES, Inc., Packers
Rockland, Maine, U. S. A.

Ambassador
BRAND
Luncheon Haddies

DEEP SEA FISHERIES, INC., Rockland, Maine.
Please send me your special offering of 6 cans LUNCHEON HADDIES, postpaid, on condition that if I am not entirely satisfied, my \$1.00 will be refunded immediately and the goods returned free of cost to me. 129-1

My name

Address

My grocer's name

wearing an old alpaca coat. "Doctor," said the observer, "your horse looks better groomed than yourself." "Yes," replied Dr. Wilson. "I take care of my horse. My congregation takes care of me."

The Vicar: "I suppose you've a large family to support, Mrs. Dempsey?"

Mrs. Dempsey: "I have, sir; and if they didn't all earn their own living I couldn't manage it."

Pearson's Weekly.

Fussy Old Lady: "I want two good seats for this afternoon, in the coolest part of the house."

Ticket Agent: "All right, madam, here are two in Z row."

Voo Doo (Mass. Inst. of Tech.).

How to Get Ahead

PLAN your spending, keep track of your expenses to see that you spend the way you *want* to spend. Then you will get more for your money, and can save more, easily.

At last a way has been found for keeping track of family expenses *without household accounts*. Deposit your income in your bank and write checks for your expenditures; then the bank and the Self-Accounting Check Record will give you full accounting. This record is no extra trouble to keep, a child can do it, and at the end of the month you will know how near you have come to spending "according to plan" or budget. This simple system can't go wrong, for your bank stands behind you and their records show up any omissions.

This practical budget system, and our Home Savings Letters telling "How to Stretch the Dollar" will enable you to *live better* and also save, in a year, \$200 to \$500, *real money* in your bank!

For two dollars we will send you a Self-Accounting Check Record for twelve months with full directions, twelve Home Savings Letters, four Weekly Allowance Books and "The Art of Spending." Full refund if not satisfactory. American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



***Your Mother and
Grandmother before you —***

used Stickney & Poor's "Extra Fine" Mustard.

Because of its full strength and fine flavor S. & P. "Extra Fine" Mustard has been the favorite mustard for generations.

You will be pleased with its fine, rich color and delicious flavor.

STICKNEY & POOR'S

"EXTRA FINE"

MUSTARD

can always be identified by the "Mustardpot" on our handy
red, yellow and blue packages

S. & P. SALAD DRESSING

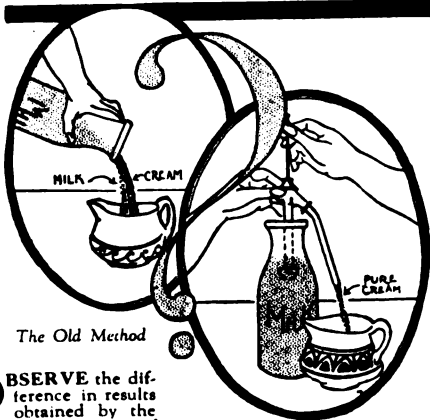
- | | |
|---|-----------------------|
| 1 Teaspoonful Stickney & Poor's Mustard | |
| 1 Teaspoonful Salt | 1 Tablespoonful Sugar |
| 2 Tablespoonfuls Flour | 1 Egg |
| 1½ Cups Milk | 1 Butter size of Egg |
| ¾ Cup Vinegar | |

Mix dry ingredients together — add egg, well beaten — then add milk. Cook in double boiler until it thickens. Then add vinegar and just before removing from fire add butter.

Your co-operating servant,

"MUSTARDPOT."





The Old Method

OBSEERVE the difference in results obtained by the wrong and right way of doing things.

If you wish to remove the cream from a bottle of Milk there is just one right way. Use the

SANITARY SIPHON
Skimit

The Midget Cream Separator

No RUBBER, No CORKS, No PACKING to catch and hold GERMS.

SKIMIT is all metal. It does not wear out. Is so designed that it cleans itself, there are no inside places out of reach. It may be sterilized by boiling.

With SKIMIT there is No DIPPING, No POURING, No PUMPING. One upward pull of plunger starts siphon action which quickly removes the cream.

ECONOMY

One half pint of single strength cream costs as much as one quart of milk. With SKIMIT you get better cream and you have one and one half pints of milk left for cooking which costs you nothing.

BABY

With SKIMIT you can get TOP or BOTTOM milk whichever DOCTOR says is best for your baby.

\$1.00 by mail. Satisfaction guaranteed.

SKIMIT MFG. CO., Oskaloosa, Iowa.

Agents Wanted.

Sells on Sight.



PRACTICAL CHRISTMAS GIFT
ROBERTS

Lightning Mixer
BEATS EVERYTHING

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk, powdered milk, baby foods and all drinks.

Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives and endorsed by leading household magazines.

If your dealer does not carry this, we will send prepaid quart size \$1.25, pint size 90c. Far West and South, quart \$1.40, pint \$1.00. Recipe book free with mixer.

NATIONAL CO. CAMBRIDGE 39, BOSTON, MASS.

A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves 1/2 the time. Consists of special folding dishdrainer, special wire basket, 2 special long-handled brushes. Full directions for use. Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School of Home Economics, 503 W. 69th St., Chicago

Tahiti and "Nightie"

Carolyn Wells has twined a rather nice little limerick for *Life* around-about the hint that Tahiti of Frederick O'Brien's recent book — "Mystic Isles of the South Seas" — is pronounced to rhyme with "nightie." Here it is:

MYSTIC NAMES OF THE SOUTH SEAS

There was a young lady of Tahiti
Whose neighbors declared she was flahiti,
For they saw on her line
(If Monday was fine)
An extremely diaphanous nahiti!

"Home-Making as a Profession"

HOME-MAKING is the greatest of all the professions — greatest in numbers and greatest in its influence on the individual and on society. All industry is conducted for the home, directly or indirectly, but the industries directly allied to the home are vastly important, as the food industries, clothing industries, etc. Study of home economics leads directly to many well paid vocations as well as to home efficiency.

Since 1905 the American School of Home Economics has given home-study courses to over 30,000 housekeepers, teachers, and others. The special textbooks have been used for class work in over 500 schools.

Of late years, courses have been developed fitting for many well paid positions: — Institution Management, Tea Room and Lunchroom Management, Teaching of Domestic Science, Home Demonstrators, Dietitians, Nurses, Dress-making, "Cooking for Profit." Home-Makers' Courses: — Complete Home Economics, Household Engineering, Lessons in Cooking, The Art of Spending.

BULLETINS: Free-Hand Cooking, Ten-cent Meals, Food Values, Family Finance, Art of Spending, Weekly Allowance Book, 10c. each.

Details of any of the courses and interesting 80-page illustrated handbook, "The Profession of Home-Making" sent on request. American School of Home Economics, 503 W. 69th Street, Chicago.

—Adv.

For Tender, Juicy Roasts

THE WAGNER DRIP-DROP ROASTER in Cast Aluminum—or Cast Iron means better roasts and stews, because it has all the goodness of the heavy old-fashioned Dutch Oven—combined with a wonderful self-basting feature. Fowl and meats of all kinds are cooked thoroughly, without danger of quickscorching.

Ask your dealer. Write for leaflet No. 74

THE WAGNER MFG. CO.
Fair Ave., Sidney, Ohio

WAGNER WARE



SALAD SECRETS

100 recipes. Brief but complete. 15c by mail. 100 Meatless recipes 15c. 50 Sandwich recipes 15c. All three 30c.
B. R. BRIGGS, 250 Madison Street, Brooklyn, N. Y.



Home Cookie Baker Makes Cookie Baking Easier

Holds 16 cookies from 3 1/4 inch cutter. Used in pairs, time and fuel are saved by having new batch of cookies ready for the oven as soon as baked cookies are removed. Bakers have no high sides or corners. **Made of special rust-proofed sheet steel.** Cookies are easily removed and bakers easily cleaned. Saves dishwashing. Simply wiping clean keeps bakers in excellent condition for baking at all times. Equally valuable for biscuits, rolls and griddle cakes. Send 75 cents in silver or stamps for set of two in attractive carton. West of Rocky Mountains, 85 cents. **Agents and dealers wanted.**

HOME PRODUCTS COMPANY

1430 East 49th Street,

CLEVELAND, OHIO



Junket

MADE with MILK

"Milk" means nourishment and "Junket" means Milk in a dainty, delicious form, so attractive to children and grownups. Serve Junket often as an enjoyable dessert, and you will be serving Health at the same time.

Junket can now be made from Junket Powder as well as Tablets. Junket Powder is already sweetened and flavored. Simply stir in milk and let "set"—convenient. Comes in 6 flavors.

Send 4c. in stamps and your grocer's name, for sample (or 15c. for full size package of Junket Tablets; 20c. for full size package of Junket Powder) with recipes.

THE JUNKET FOLKS, Little Falls, N.Y.

Chr. Hansen's Canadian Laboratory, Toronto, Ont.

JUST THE THING FOR THE HOT WEATHER
Gossom's Cream Soups (in Powdered Form)
 Pure, Wholesome, Delicious



Quickly and Easily Prepared. Simply add water and boil 15 minutes and you have a delightful soup, of high food value and low cost. One 15 cent package makes 3 pints of soup. These soups do not deteriorate, so may be continually on hand and thus found most convenient. The contents also keep after opening.

Split pea, Green pea, Lima, Celery, Black Bean, Clam Chowder, Onion and (Mushroom 25c).
 Sample sent prepaid on receipt of 20 cents, or one dozen for \$1.75.
 For Sale by leading grocers 15 cents a package, 20 cents in far West.

Manufactured by
B. F. Gossom, 692 Washington St., Brookline, 46, Mass.

"Free-Hand Cooking"

Cook without recipes! A key to cookbooks, correct proportions, time, temperature; thickening, leavening, shortening, 105 fundamental recipes. 40 p. book. 10 cents coin or stamps.
 Am. School of Home Economics, 503 W. 69th Street, Chicago

Trade Mark Registered.
Gluten Flour
 40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
 Watertown, N. Y.

Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
 or Half Heavy Cream and Milk
 or Top of the Milk Bottle

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle to-day.

Housekeeper's size, 1½ oz., .30 prepaid
 Caterer's size, 16 oz., \$1.00
 (With full directions)

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

Pacific Coast Agents:
MILES MFG. CO., 949-951 E. 2nd St., Los Angeles, Cal.

Natural History in Congress

A Congressman from the West recently grew indignant at a colleague who did not believe that there was any danger that the United States would ever become involved in war again.

"To ridicule the idea of this country ever being invaded," said he, "is to follow the example of the camel, which buries its head in the sand when an enemy approaches."

To which the colleague retorted: "Surely the gentleman, in giving utterance to this apothegm, must have meant to refer to the ostrich, which, under these circumstances, has a habit of putting its eye through a needle." — *Harper's Magazine.*

"We would call to your attention that the 50-cup package DELISCO advertised on page 466 of this magazine, equals 1½ lbs. coffee." — *Ado.*

Cooking for Profit

By ALICE BRADLEY

Principal, Miss Farmer's School of Cookery
 Cooking Editor, Woman's Home Companion

IF YOU wish to earn money at home through home cooked food and catering — if you would like to own and conduct a food shop, candy kitchen, tea room, cafeteria or lunch room — if you wish to manage a profitable guest house or small hotel, you will be interested in this new correspondence course.

It explains just how to prepare food, "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all occasions, and tells in detail how to establish and conduct successful tea rooms, etc. — how to manage *all* food service.

The expense for equipment is little or nothing at first, the correspondence instruction is under the personal direction of Miss Bradley which assures your success, the fee for the course is very moderate and may be paid on easy terms. For full details write to American School of Home Economics, 503 W. 69th Street, Chicago.

— *Ado.*

We ask you to try

PRINCE BRAND

MACARONI or SPAGHETTI

We know it will please you because of its superior qualities. Easy to cook, delicious in taste, very high in food value. Insist on getting our quality.

PRINCE MACARONI MFG. CO.
BOSTON

OYSTERS CLAMS DEHYDRATED

These delightful delicacies preserved with all their salt water flavor

ALWAYS READY EASILY PREPARED

In powder form so that but ten minutes in hot water or milk makes them ready to serve. An oyster stew or broth; clam stew, bouillon and chowder always in the kitchen ready for instant use. Packed in bottles that make a quart of stew and in larger bottles that make 8 quarts.

OYSTERS, small bottles, 30 cents each
CLAMS, small bottles, 30 cents each

Enjoy a bottle of each of these delicacies
Money refunded if not satisfied

Folder of information sent on request

BISHOP-GIFFORD CO., Inc., Baldwin, L. I., N. Y.

SO E-Z Cream Separator

for Bottled Milk



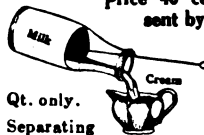
Entering



Balancing



Adjusting



Qt. only.

Separating

This illustrates a new invention that is indispensable to all users of bottled milk.

It is often desirable to get the cream from a bottle of milk, but not having a **SO E-Z SEPARATOR**, cannot do so, as trying to separate with a spoon or dipper is a slow process and obtains more or less milk in the operation. Operates perfectly. **SANITARY.**

Can be cleaned in 3 seconds

Many articles in the kitchen, costing more, are used but little and save nothing; the **SO E-Z SEPARATOR**, when used, will save its cost every week.

The illustration shows the operation, and the final result is — the cream in the cup and the milk in the bottle. Now used in thousands of homes.

Price 40 cents each. Stamps accepted or sent by mail C. O. D. for 50 cents

Use it 30 days — If not entirely satisfied we will refund your money

B. W. J. Company, A. C.
1996 Indianola Ave.
COLUMBUS, OHIO

WHITE HOUSE Coffee

For your personal convenience, keep it in its original double-sealed package — Don't tear or cut off top



1-3-5 lb.
Packages Only



*It is Never
Sold in Bulk*

DOUBLE PACKAGE DOUBLE-SEALED

WITH a sharp-edged knife or pair of pointed scissors — we suggest that you cut a "V" shaped opening at the top-center on one of the narrow sides of the package. From this opening pour out coffee as wanted — the angle of the package acts as a spout — enabling exact teaspoon measurements. Before replacing package to shelf, turn down flap, practically re-sealing package.

DWINELL - WRIGHT CO. BOSTON - CHICAGO

Principal Coffee Roasters

Buy advertised Goods — Do not accept substitutes



This Big 5 Pound Bag of **\$1.75** Delicious Shelled Peanuts

Direct from grower by Prepaid Parcel Post to your door. More and better peanuts than \$5 will buy at stands or stores. Along with Recipe Book telling of over 60 ways to use them as foods. We guarantee prompt delivery and ship at once. 10 lbs. \$3.00. Money back if not delighted.

EASTERN PEANUT CO., 10 A. HERTFORD, N. C.

"Ten-Cent Meals"

2 Meals with receipts and directions for preparing each. 48 pp. 10c.
Am. School of Home Economics, 503 W. 69th St., Chicago



Angel Food Cake

8 Inches Square, 5 Inches High

You can be the best cake maker in your club or town. You can make the same Angel Food Cake and many other kinds that I make and sell at \$3 a loaf—profit, \$2, if you

Learn the Osborn Cake Making System
My methods are different. They are the result of twenty years experience as a domestic science expert. My way is easy to learn. It never fails. I have taught thousands. Let me send you full particulars FREE.

Mrs. Grace Osborn Dept. 141 Bay City, Mich.

"Where Does My Money Go?"



You have more than once asked this question.

The Universal Household Budget

will show where your expenses can be cut down and outlay for things worth while made possible. It requires no summaries, as it is always balanced. It prevents your running into debt, because it tells you at any time how much you can afford to spend. *It controls your household finances with so little work that it's a pleasure to maintain.*

A 48-page book, well bound, that will save you dollars on every page.

CLIP THIS COUPON AND ATTACH \$1.00

HOUSEHOLD EFFICIENCY BUREAU
88-A Keystone Ave., River Forest, Ill.

Enclosed you will find \$1.00 for which you may send me the UNIVERSAL HOUSEHOLD BUDGET. You will refund this amount if I return the book within five days and am not convinced that it will save money for me.

Name

Address

"Household Helpers"

IF YOU could engage an expert cook and an expert housekeeper for only 10 cents a week, with no board or room, you would do it, wouldn't you? Of course you would! Well, that is all our "Two Household Helpers" will cost you the first year—nothing there after, for the rest of your life.

Have you ever considered how much an hour a day, 7 days a week, 365 days a year is worth to you? Many workmen get \$1 an hour—surely your time is worth 30 cents an hour. We guarantee these "Helpers" to save you at least an hour a day, worth say \$2.10 a week. Will you invest the 10 cents a week to gain \$2 weekly? *Send the coupon.*

And the value our "Helpers" give you in courage and inspiration, in peace of mind, in the satisfaction of progress, in health, happiness and the joy of living, — *is above price.* In mere dollars and cents, they will save their cost twelve times a year or more. *Send the coupon.*

These helpers, "Lessons in Cooking" and "Household Engineering," were both prepared as home-study courses, and as such have been tried out and approved by thousands of our members. Thus they have the very highest recommendation. Nevertheless we are willing to send them in book form, on a week's free trial in your own home. *Send the coupon.*

In these difficult days you really cannot afford to be without our "Helpers." You owe it to yourself and family to give them a fair trial. You cannot realize what great help they will give you till you try them—and the trial costs you nothing! *Send no money—send the coupon.*

American School of Home Economics, Chicago.

FREE TRIAL FOR ONE WEEK

A. S. H. E. — 503 W. 69th Street, Chicago, Ill.

Send your two "HOUSEHOLD HELPERS," prepaid on a week's trial, in the De Luxe binding. If satisfactory, I will send you \$5 in full payment (OR) 50 cents and \$1 per month for five months. Otherwise I will return one or both books in seven days. (Regular mail price \$3.14 each).

Name and

Address

Reference

IT MAKES LIGHTER, WHITER, FINER CAKES

A delicate cake requires a delicate flour. That's why it is all-important to use Swans Down Cake Flour rather than ordinary bread flour, in order to have cake that's fine-grained and feathery. Such cake is not only a delight to eat but is wholesome and nourishing — a tempting dessert and a substantial food as well.

This package contains 12 cups of flour—will make 6 average cakes, 4 large cakes, or 12 Angel Food cakes.



SWANS DOWN *Prepared (Not Self-Rising)* CAKE FLOUR

Preferred by Housewives for 27 years

is perfect for all kinds of cake and pastry. To make it, the choicest winter wheat is ground to a velvety smoothness. Nothing is added, but the hard, tough part of the wheat is removed. The natural richness of the wheat keeps SWANS DOWN cake soft and moist to the last crumb.

The practical economy is also an important item to most women. The use of this time-honored cake flour practically eliminates cake failures with their needless waste of expensive ingredients.

Your grocer can supply you

IGLEHEART BROTHERS

Established 1856

Evansville, Indiana

Also manufacturers of Instant Swans Down (dry cake batter, ready to mix with water and bake), the only product of its kind made with Swans Down Cake Flour.

A Coal and Gas Range With Three Ovens That Really Saves

Although it is less than four feet long it can do every kind of cooking for any ordinary family by gas in warm weather, or by coal or wood when the kitchen needs heating. There are two separate baking ovens—one for coal and one for gas. Both ovens may be used at one time—or either one singly. In addition to the two baking ovens, there is a gas broiling oven.



The Range that "Makes Cooking Easy"



Coal, Wood and Gas Range

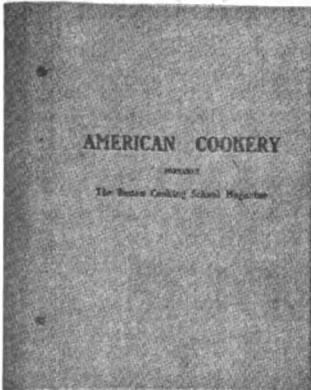
See the cooking surface when you want to rush things—five burners for gas and four covers for coal.

The illustrations show the wonderful pearl grey porcelain enamel finish—so neat and attractive. No more soiled hands, no more dust and smut. By simply passing a damp cloth over the surface you are able to clean your range instantly. They certainly do Make Cooking Easy.

Gold Medal

Glenwood

Write to-day for handsome free booklet 118 that tells all about it, to
Weir Stove Co., Taunton, Mass. Manufacturers of the Celebrated Glenwood
Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.



Practical Binders for American Cookery

We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

Sent postpaid for one (1) new subscription to American Cookery. Cash Price 75c

The Boston Cooking School Magazine Co. Boston Mass.

BREAKFASTS, LUNCHEONS *and* DINNERS

By MARY D. CHAMBERS

Should be in every home. It treats in detail the three meals a day, in their several varieties, from the light family affair to the formal and company function. Appropriate menus are given for each occasion. The well-balanced diet is kept constantly in view. Table china, glass and silver, and table linen, all are described and illustrated. In short, how to plan, how to serve and how to behave at these meals, is the author's motive in writing the book. This motive has been clearly and admirably well carried out. Table etiquette might well be the subtitle of the volume.

Cloth, 150 pages

Illustrated, \$1.25 net

We will send this book postpaid on receipt of price, \$1.25

THE BOSTON COOKING SCHOOL MAGAZINE CO.,

Boston, Mass.

"The Art of Spending"

Tells how to get more for your money—how to live better and save more! How to budget expenses and record them *without* household accounts. 24 pp. illustrated, 10 cents.

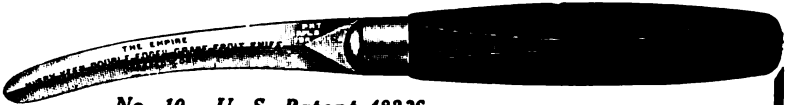
AM. SCHOOL OF HOME ECONOMICS, 503a W. 69th ST., CHICAGO

Help! Help!! Help!!!

Our two new household helpers on 7 days' free trial! They save you at *least* an hour a day, worth at only 30 cents an hour, \$2.10 a week. Cost only the 10 cents a week for a year. Send postcard for details of these "helpers," our two new home-study courses, "Household Engineering" and "Lessons in Cooking," now in book form; *OR SEND \$5.00 in full payment.* Regular price \$6.28. Full refund if not satisfactory.

AM. SCHOOL OF HOME ECONOMICS, 503a W. 69th STREET, CHICAGO

A Perfect Knife for Grapefruit



No. 10. U. S. Patent 48236

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers'. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

THE EMPIRE KNIFE CO. Sole Manufacturers WINSTED, CONN.

Established 1856

Trade Mark "EMPIRE" Registered U. S. Patent Office.

Experience has shown that the most satisfactory way to enlarge the subscription list of *American Cookery* is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

CONDITIONS: Premiums are *not* given *with* a subscription or *for* a renewal, but only to *present* subscribers, for securing and sending to us *new* yearly subscriptions at \$1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

Transportation *is* or *is not* paid as stated.

INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould

Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these.

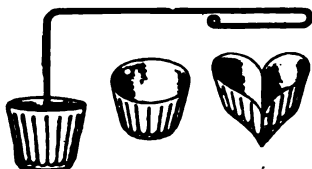
You cannot purchase them at the stores.



This shows mould (upside down)

Set of six (6), any initial, sent postpaid for (1) new subscription. Cash Price 75 cents.

"PATTY IRONS"



As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for two (2) new subscriptions. Cash Price \$1.50.

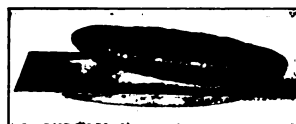
FRENCH ROLL BREAD PAN



Open End

Best quality blued steel. Six inches wide by 13 long. One pan sent, prepaid, for one (1) new subscription. Cash Price 75 cents.

SEAMLESS VIENNA BREAD PAN



Two of these pans sent, postpaid, for one (1) new subscription. Cash Price 75 cents for two pans.

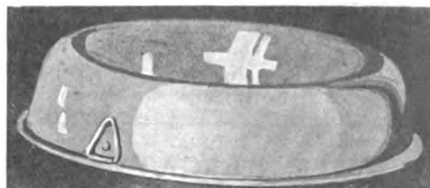
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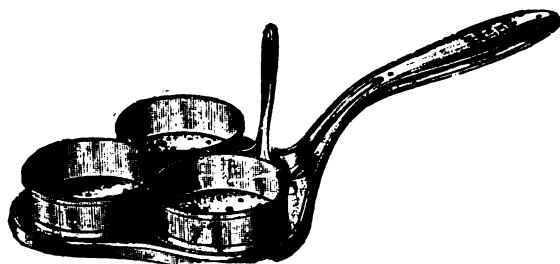
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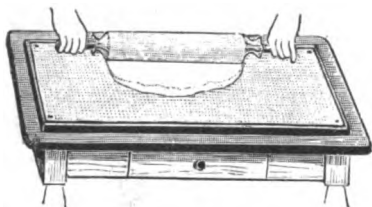
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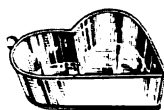


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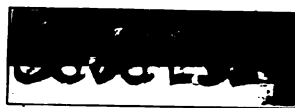
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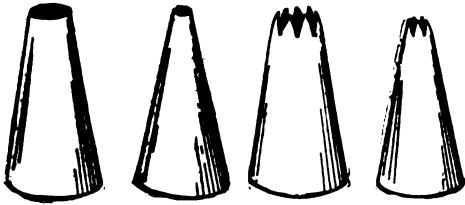
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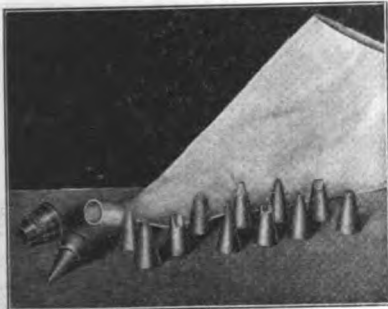


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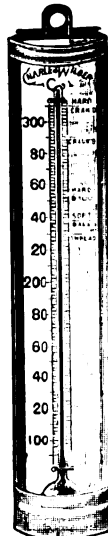
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AMERICAN COOKERY

Vol. XXVI

FEBRUARY, 1922

No. 7

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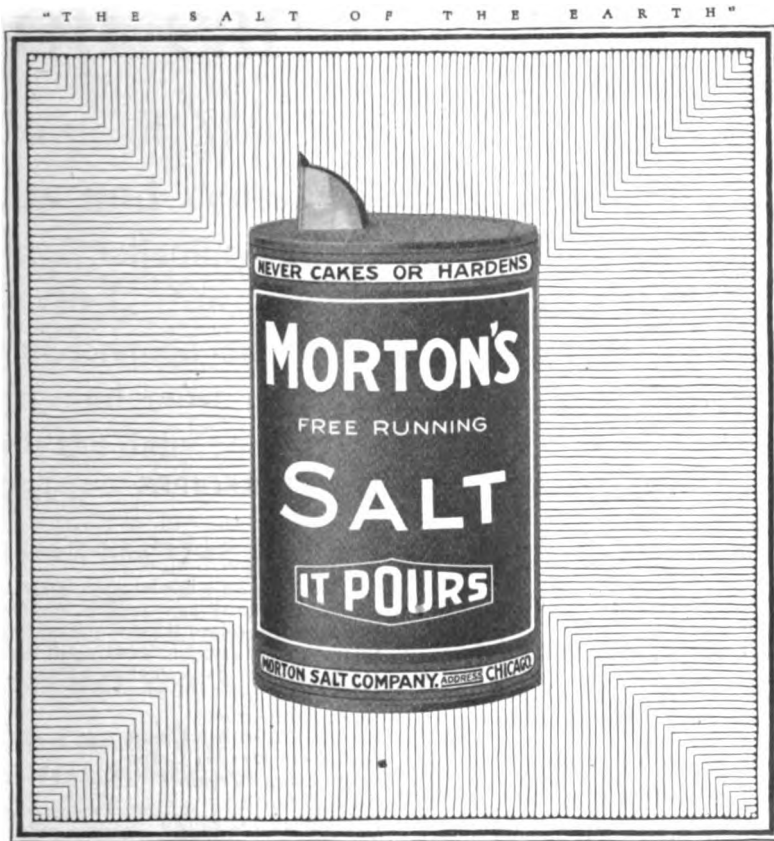
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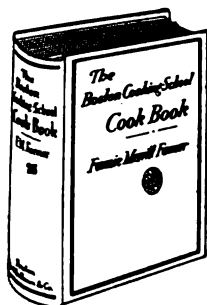
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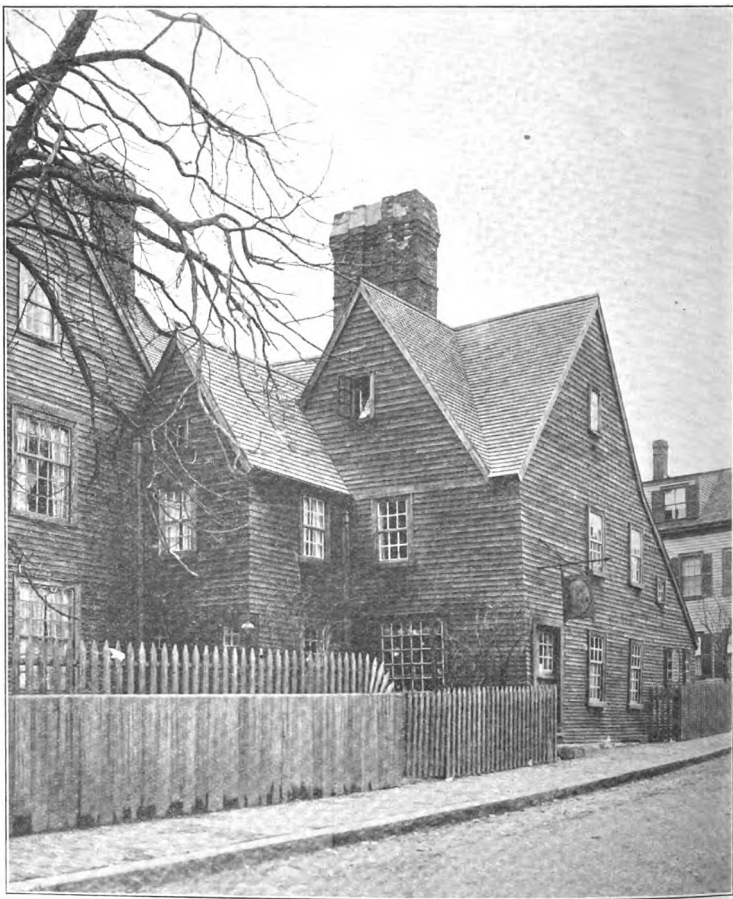
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THE HOUSE OF SEVEN GABLES, SALEM, MASS.

American Cookery

VOL. XXVI

FEBRUARY, 1922

NO. 7

Roofs of Yesterday and Today

By Mary Harrod Northend

PLANS had been carefully drawn for the new house when it was discovered that the roof did not blend with the surroundings, which meant a new one must be designed, not so simple a matter as one might feel, for there were almost unsurmountable difficulties that must be overcome. Not that there were not sufficient materials on the market to draw from, or the old-world suggestions to help out, still it was imperative that it must definitely follow a type of architecture, fitting so craftily into its place, that it lent an added strength, rather than weakness, for, like Milady's bonnet, it must be in style, also illustrative of the last word in architecture.

Ages ago, man first conceived the idea of roof covering to shield his house from wind and storm. Since then he has realized it is one of the most vexatious questions to solve consistently, for styles are constantly changing, and with them must deviate the roof.

Architectural efforts in our country were at first crude, following, generally, the English cottage type, retaining, as far as possible, the mediæval feeling. So these rustic make-does came into being with toppings much like the Puritan maiden's cap, simple, yet in perfect harmony with their surroundings. We know that these houses were constructed from logs hewn in the neighboring forest, that they showed steep roofs, such as were suitable for thatching, which was a favorite method with our emigrant ancestors.

Properly thatched, the roof grows more beautiful as time goes on, especially at the end of the year when it is beaten

down, making it firm in texture, and carefully clipped. Lichens have taken a strange fancy for it, as do mosses, tiny ferns and plants, that nestle into the surface, growing rapidly and shifting continuously, thus lending to it a mottled appearance that mellows with time. This is the birds' roof garden, and here they build tiny homes in the grass, filling the air with melody during their sojourn. Quaint markings, done with thickly plaited willow twigs, outline not only the chimney, but the dormers, gables, eaves and ridge. Every raindrop, as well as every sunbeam, leaves its writing on the roof, which changes so continuously, being fascinating at every season of the year. Humble hamlets, with thatched roofs such as are found behind hawthorn hedges, as one motors along English roads, are so bewitching that they have been transplanted to our American soil. They are adaptable to wide spaces rather than close city streets. Should some idiotic architect attempt the latter they would cry out from their very soul



THATCHED ROOF

for their thorn hedges and ivy-clad walls. Transplant them and they will lose their dejected air, assuming a blithesome smile as if in ecstasy at the change.

Shingles soon replaced thatch, owing to its gradual disappearance, and with its use, our roofs became less steeply pitched, and in their earlier form, gables often appeared to make room under the eaves for chambers, or for decorative purposes alone. This form was common in both English and European construction, and came into use here to obtain light and space under the eaves. The House of Seven Gables at Salem, Mass., shows gables that accomplish the feat of enlarging attic spaces into true rooms. It is also a fine example of Gothic roof, keeping to a rare sense of mass and control. The great roof surfaces of this house recall, somehow, the sentiment of hospitality, and one is tempted to believe that some modern apologies for roofs, chopped-up adaptations, take away from the good old-fashioned feeling of olden days.

The use of shingles, which carry off the rain much more easily than thatch, caused the pitch of the roof to be widened and flattened, and gables gave way to dormers, which appeared in the South long before they were taken up in the North. The modern builder is very apt to plan too large ones, which clutter up the roof badly, but the old ones were tiny affairs, casually placed where they were needed, and mere interesting details in the long expanse of roof.

The disadvantage of using this material, in the plain, is that it is not fireproof. The disastrous fire, which swept through Salem, Mass., many years ago, gave us abundant proof of this fact, and doubtless influenced their being made fireproof. There is the plain, soft gray shingle, which runs through a whole gamut of color schemes, the dark wooden one, which can never be lightened, although it is considerably modified by the use of pigments. Without doubt this method prolongs its life, as we know, past all doubting, that



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both paint and stain are effective for this purpose. Great care should be taken in the use of color, for dark, stodgy effects are disastrous. They should harmonize with the exterior of the house, and sometimes charming effects can be obtained by using three or four tones, and laying them so harmoniously that there is a softness about the roof that relieves the monotony.

Weathered gray suggests lichens, purplish, sea-green contrasts well with stucco exterior, and fortunately they are not all of one color, but such a variety that, as you overlook a group of houses, they produce charming color effects. The beauty of a capping of this sort is its irregular and mottled appearance, which is produced not only by different tones but by odd thicknesses.

The gambrel-roof house had the effect of investing houses with a homelike charm, and there were generally dormers of gable type, pierced through the lower slope. For small houses they seemed enchanting, and it is difficult to say just what gave them their charm. It may be a feeling for surfaces and balanced

masses, which is the architect's word for unity and emphasis in his art. There is spontaneity in these early roofs, and a finish quite absent from the modern cottages of today that are wholesale in design. The old chimney added a great deal to the dignity and pleasant coherence of exterior, while modern chimneys are too often looked upon as necessary excrescences, to be stuck upon the roof anywhere, and graciously overlooked in estimating artistic merit. Not so in the first days, and they were of such general plan as to become massive, rather than trivial, and as they rose above the house tops, they gave a rich color against the roofs. Gray stone chimneys, plastered and moulded, struck a lighter note than the gray of the roof, while old brick ones had an appreciative color value, some of them being laid in fancy bond, either by setting the bricks in special direction, or by saving bluish, over-fired bricks for a border.

Fortunate for effect, all houses were not erected at the same period, thus doing away with monotony, and allowing different pitches and gables to be used, as well

as material. Nothing can exceed the quaint architecture that is found in old English mansions, and surely we make no mistake in transplanting one of these into America, but we must bear in mind that it demands a setting far afield in the midst of extensive grounds, where the multiplicity of peaked gables, broken by curious windows, rises picturesquely above the tree tops, disclosing a unique group of chimneys that seemingly break through the shingles, as in defiance of all rules of architecture.

What a satisfaction to come upon such an one as this, as one motors along country roads, a bit of old England transplanted to our soil! Down below the mansion are planted nodding fox-gloves, that, with their vari-colored bells, stand out picturesquely, as they nestle close against the brick wall. There are tufts of grass that have introduced themselves into the stone foundation, making a delightful color note of gray and green. Such houses as these stand in the midst of gardens where closely shaven sward, dense shrubbery and garden walks are the feature.

Roof coverings have come so prominently before us, at the present day, that we are studying what is best for fire

protection. Slate has been considered one of the most satisfactory materials to be used, as it does not decay, and weathers with age, but its great difficulty lies in the fact that it is almost impossible to design a roof of this type that does not leak. Crevices will occur, where rain and snow press in, meaning that some protective measure must be taken to make them available. Heavy coated paper, tarred paper, with rubber-like consistency, are both used for under-surfacing, and, being non-inflammable, they fit into the scheme most satisfactorily. Today slate comes in many different colors, ranging from red to purple, and green to brown, soft, rich shades that give it a charm. While they are not as practical as the tiled, or the Olde Stonesfield roofs which are synonymous with English houses, yet they have come into use within the last few years, and prove that they are really one of the most charming coverings that we can use on our modern-day houses.

Never put a cheap roof on a good house; for really the highest priced is cheapest in the end. Remember it is the most conspicuous and vulnerable part of the home, and to use a subterfuge is poor economy.



MCGEE HOUSE, WINCHESTER, MASS. ADDEN & PARKER, ARCHITECTS

The red-tiled roof is pleasing when used with stucco walls, making fine color contrasts. Tile is a very popular roof covering, and today can be purchased in almost every conceivable color. Naturally it is red, but the shades vary according to the burn, and really its fine weathering properties add greatly to the picturesqueness of the house, particularly after it has weathered.

California houses often show red brick and shingles combined. Stucco and rock-faced stone are also usable, but for the latter the roof should be clapboarded. A very charming combination is a rock-faced stone with brown stained clapboards, the combination being most

interesting. The roofs of California bungalows are built low in pitch, an unheard-of thing in New England, but perfectly adaptable there, and are often shown with a wide projection of eaves and overhang, resembling, often, the flat-roofed houses of Egypt, the low-pitched tiled roofs of Italy and Spain, and the sweeping thatched ones of India.

The prospective builder of today finds an embarrassment of riches, for with the progression of roof-treatment all sorts and kinds of material have come into use. There are the wooden shingles, such as were used on the first houses in our country, the tile, the slate, and many other kinds almost too innumerable to mention.

Standards That Serve

By C. B. Sherman

BUREAU OF MARKETS AND CROP ESTIMATES, UNITED STATES DEPARTMENT OF AGRICULTURE

STANDARDIZATION forms the gateway to efficiency and far-sighted economy in the matter of foods. "Waste not, want not," says the

old proverb, and by standardizing our fruits and vegetables we are working away from many forms of waste.

The loss and waste involved in shipping



POTATOES, CAREFULLY GRADED



CHOICE APPLES IN BOXES

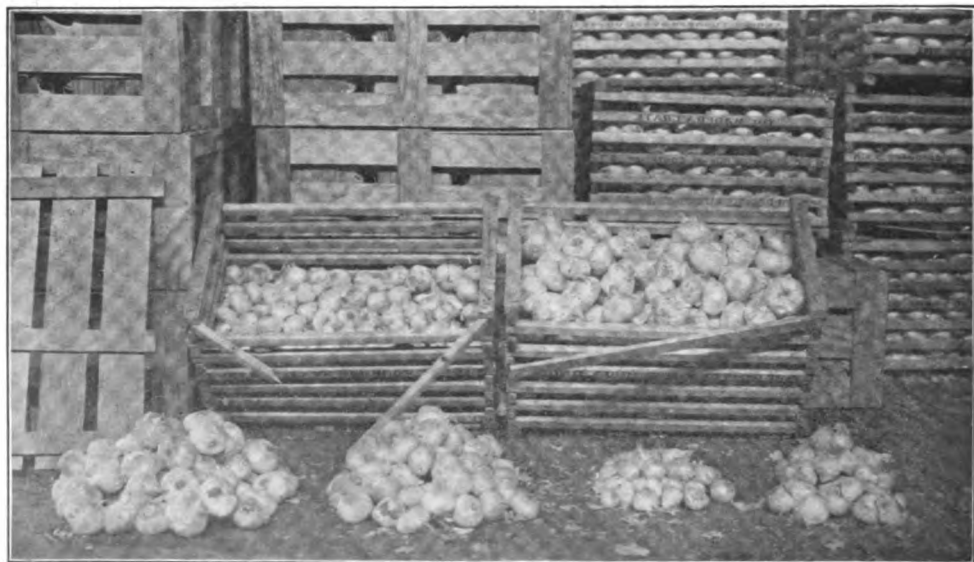
these highly perishable foods over long distances have been enormous, yet our American households grow increasingly

more insistent on having lettuce, tomatoes, and many of the fruits on the family table, practically, the year round.

If 20 per cent of the shipped crop of a fruit is lost en route by spoilage and breakage, it is easily seen that the remainder of the crop must be sold at a high price to compensate, even partially, for this loss. There is not enough left to go round, and those who cannot pay the resulting high price must go without.

Tomatoes now enjoy, probably, the longest marketing season of the very perishable vegetables. They are found in the large markets, practically, all the year. This means that they must be shipped long distances; from Mexico, Cuba, and the Bahamas in early winter, from Florida and South Texas, next, and from East Texas, Mississippi and Tennessee during the spring. Ohio, Illinois and New Jersey, states which supply the summer trade until the gardeners and local growers are able to fill the demand, are nearer the large eastern markets. California, however, ships tomatoes from May to November.

Now transportation charges are high, and, likewise, the charges for packing for



BERMUDA ONIONS, TEXAS-GROWN, CAREFULLY SELECTED AND GRADED

long-distance shipment, so tomatoes must be carefully graded at the source, in order not to pay high charges on specimens that will not carry well, and will be lost by spoilage in transit. "Better grading" is a slogan growing in favor among tomato shippers, and housekeepers are finding results in the more uniform tomatoes they are now able to buy for their salads.

Serious waste and loss in handling poorly graded cabbage were forcefully revealed in a study recently made by the Federal Bureau of Markets and Crop Estimates. Eighty cars of cabbage were inspected at a Texas shipping point, of which about one-half contained an average of more than half a ton of defective stock on which the shippers had to pay freight and cost of handling. The shippers lost, as a result of their negligence, yes, but the consumers lost, too, in the lessened supply, poor quality and higher prices on the markets. This portion of loss and waste probably applied to 14,000 cars of southern cabbage, shipped last season, and early cabbage comprises almost half the total commercial supply. Growers are now being systematically urged not to ship the overripe, decayed and soft heads of cabbage, so disappointing to the housekeeper when delivered with her groceries.

The large associations of potato growers have succeeded so well in grading their products, under brand names, that purchasers now know how to avoid receiving oversized, hollow and defective tubers, so inconvenient and wasteful to prepare for the table. Great progress is also being made in the grading of both Bermuda and northern-grown onions, so that supplies are increasingly satisfactory, as to uniform sizes and quality.

We are all acquainted with the misgiving that attends the selection of cantaloupes for the breakfast table. Can anything be better than a good cantaloupe, and can anything be more disappointing than a poor one? And they all look so much alike! The California shipper, and California, as a state, are making vigorous

efforts to eliminate this misgiving — and the causes for it. They manage the irrigation in such a way that the unattractive white side of the melon has disappeared from their shipments. In their hot desert valleys, where the melons are grown, they have speeded up the processes of picking, hauling, icing and loading to an almost incredibly short period. The horticultural commissioner insists that all melons shall have practically reached the mature state before being picked — in fact, every effort is made to avoid shipping green melons. Thousands of crates were turned back by inspectors during the early part of last June at the various loading sheds in the Imperial Valley. The growers were allowed to repack the melons, leaving only the mature specimens in, but the immature ones were rejected entirely. The whole crop of shipped California cantaloupes averaged much higher in quality this year than for many seasons past and California supplies over one-half of the cantaloupes found in our large city markets. Next year the growers will see to it that fewer melons are left on their hands, and that should mean increased supplies in the markets, as well as fine quality.

Through standardization and good business methods the citrous fruits of California have almost been taken out of the perishable class. Rigid grading and packing and shipping rules, rigidly enforced, have resulted in the shipment of only those oranges, grapefruits and lemons that can surely withstand the vicissitudes of travel, and the rigors of climate. To a somewhat lesser degree this is true of the boxed apples of the Northwest, which leave that region splendidly graded, but they still suffer from the heat of travel, in the early part of the season, and the extreme cold of the winter weather.

The eastern fruits, this year, suffered severely from late killing frosts. In some districts the entire commercial crop was killed. A few years ago this would have meant almost complete dearth in eastern markets, extending throughout

the entire winter. Recent visits to large storage plants, however, showed clearly that our large cities, this winter, will be fed by fruits from the more fortunate fields and orchards of the West. These

fruits, carefully selected, carefully graded, carefully packed and shipped, crossed the deserts, mountains and plains, in all kinds of weather, and now await the demands of the market basket.

Teaching Janet How to Cook

By Mabel Jane McIlwaine

JANET leaned over so Billy could hear her above the roar of the Shasta Limited, that was taking them to their new home in the northern part of the state.

"William," she said, impressively, "don't you dare tell a soul in Flowerdale that your wife used to be a domestic science teacher. If you do I'll do something awful to you."

"I'm too young and fair to die," said Billy with a grin, "so I'll promise to keep the shameful fact to myself, but what is the tall idea? Thought you were proud of your profession."

"I am, but just before we were married, you know I visited Florence Greer, who graduated in my class. Well, she and her husband were living in a small town something like Flowerdale, and when the women found out Florence had been a teacher of cooking and home economics they just wouldn't be neighborly. Flo was lonesome and would have loved to have neighbors you can swap cookie recipes with over the back-yard fence. But those women were afraid of what she knew, and that she would be critical of their housekeeping, or wouldn't like their cake, and they wouldn't give her a chance to show them what a peach of a girl she was. If it hadn't been for the 'flu,' she would never have got to know them. But after she nursed a dozen or so of them in their emergency hospital, and fixed broths and custards for them to eat, they forgot to be shy of her. She's having a good time there, now, but what I want to avoid is having to go through a national calamity, or a fire, to get

acquainted with my neighbors, sir."

"But won't they be sore if they ever find you out?"

"Well, by that time I hope they'll like me for myself and won't care. In Ardenwood, where we knew everybody, it didn't matter, but in a new place, where you are just starting a law practice, it is different. I want to begin right, and I can't, if the women get an idea I think I know more about cooking than they do. It is going to be lonesome, at first, and I want real neighbors."

"All right, have it your own way, Honey, but I think you are making a mistake," said Billy.

Janet's new neighbors proved all her heart desired, and were more than cordial. She was invited to join the Woman's Club and the Ladies' Aid, went to afternoon tea parties, and thoroughly enjoyed herself. One afternoon she came home in great glee and told Billy:

"I was in the drug store this afternoon, standing behind that case that holds dyes, waiting for Mr. Converse to get around to wait on me, you know how slow he is, when Mrs. Barton, our club president, and Mrs. Everson, the secretary, came in. Mrs. Everson said, 'We really ought to ask Mrs. Richardson to do something at the next meeting or she'll feel out of it. She came after the year book was printed, and so didn't get on the program, but some one is always failing us and we have to fill in. I know we are going to be a couple of numbers short next time.'"

"Then Mrs. Barton said, 'Oh, let's wait until after next meeting, she is so

young and inexperienced, and the subject next time is efficiency in the kitchen. Wait until our next literary program, and ask her to read a poem or something like that.' "

Just then they were interrupted by Grandma Wilton, who said, "I saw you two children were just eating your supper and I brought a few doughnuts."

"William Morgan Richardson, do you suppose people would be so wonderful and 'folksy,' if they knew about my dark past?" demanded Janet. "You can just guess they wouldn't, if they knew I could calculate the number of calories in these delicious doughnuts, or knew anything about vitamins."

At the next club meeting Mrs. Barton said, "My husband's cousin, who is head of the Department of Home Economics at the Southern University, will be visiting us over next club day, and I have taken the liberty to ask him to talk to us instead of having our Shakespeare afternoon, which we can work in later at an extra meeting."

This met with murmurs of approval from the women, but Janet knew that minute that she would be sick next club meeting day. She didn't know whether it would be a headache, a bad cold, toothache or lumbago. But sick she would most certainly be. Why that was Professor McIntyre, one of her college instructors and a life-long friend of her father's. She had hunted through his pockets for "lollypops," as he called them, when she was only six. She would love to see him, but unless she could manage to do so before the meeting she would have to stay away, for he would be sure to give her away. Mrs. Barton had said he was traveling, so there was no hope of getting word to him.

Club Wednesday found her with her head swathed in a towel, almost believing she did have a splitting headache. An afternoon indoors was real punishment to Janet, for as much as she loved her adorable little bungalow, with its attractive wicker furniture and blue draperies

and cushions, she loved the yard and the gay flowers, bathed in California sunshine, even more. But stay indoors she must.

At the close of an interesting lecture, Mrs. Barton said to Professor McIntyre, "We have been thinking of supplementing our regular course of study with a course on home economics, and, if possible, having some University Extension Lectures. What do you think of it, and can you offer any suggestions?"

"I heartily approve. When the women of America, as a whole, get interested in the subject, we shall have better homes and better children."

"By the way, I understand one of my old pupils has moved to Flowerdale. She made a fine record in the University, and was a very successful teacher afterwards. If you could get her to give your course, it would be as good as anything you could get from the University. I refer to a Mrs. Richardson, who came here a few months ago."

"I think you must be mistaken about the place she moved to. The only Mrs. Richardson here couldn't be a teacher, or even a university graduate. She is a dear, but is a fluffy-ruffle sort of a girl, who makes you feel as though you wanted to pat her on the head and ask her how her dolls are. She always reminds me of a grown-up little girl."

"Has she black hair that ripples around her face and blue eyes that twinkle most of the time, and does she lisp almost imperceptibly, and yet enough to leave a lingering memory?"

"Y-e-s."

"Then that would be Janet," asserted the professor, lapsing into his Scotch brogue.

"Oh," wailed the president, "and I gave her advice the other day as to how to can beans. She seemed so young, and I wanted to help her. I insisted that she *must* thoroughly sterilize her jars and not just scald them out."

"And I went over and baked her cake when the sewing society met with her."

I was so sure she wouldn't know how, and that baking so much cake would be too hard for her anyhow," said Mrs. Elsey.

"And I offered to teach her how to make ketchup," came another voice.

"And I advised her not to serve two starches at the same meal."

"I told her it spoiled green corn to cook it too long, and never to cook cabbage over twenty-five minutes, if she wanted it to be digestible."

"And I told her what kind of oil to use on her gas stove to keep it from rusting, and always to heat the oven with the door open."

"And I showed her how to make mayonnaise with canned milk when eggs were high."

"Well," demanded a red-haired woman, "why didn't she tell us?"

The professor said something to his cousin's wife, and slipped away. He found Janet, unable to stand being inside any longer, tying up a Cecil Bruner rose vine.

"How did you know where to find me?" she gasped.

"I saw Florence Greer last week and she told me, and I have come to scold you for not writing me."

She asked about the meeting, and he told her what had happened. She disappeared into the house, coming out with

a pitcher of lemonade and some cookies. "Now make yourself at home while I go and straighten out the tangle you got me into. Billy will be here any minute." With that she was gone, but paused to call back, "If you'll stay to supper, I'll make waffles."

"Indeed, I will, for I remember your waffles of old. Please tell Mrs. Barton not to expect me."

She arrived breathlessly at the club rooms, where the women were discussing the matter, as women will.

She looked more like a little girl than ever, and just a bit frightened, as she said:

"Please don't be angry with me. I didn't mean to deceive you, really. I just wanted 'Doughnut neighbors and back-fence neighbors.'"

Then she told them of Florence's lonesome year, and how she had been trying to avoid a similar experience, and how, having lost her mother when she was little, she had loved their advice and kindnesses. At supper she told Professor McIntyre and Billy, "I promised to give them a course in domestic science, and they all promised to keep on being friendly and 'folksy,' and to bring me doughnuts and cookies. So you'll have to lay in a supply of pepsin, William, for there are forty members in that club."

Mistress of the House

By Alice Margaret Ashton

"OH, Aunt Ruby, you looked so sweet in your new pink gingham, sitting here by the window, I just had to have a nearer view!"

"Good land, now," protested Aunt Ruby, flushing up happily. "You're the greatest hand to say pretty things to a body I about ever knew."

"I wouldn't wonder if Pa'll think I am crazy, putting on a *new* gingham dress in the middle of the winter. But 'twas so sort of dark and gloomy I wanted some-

thing cheerful. And, too, I'll confess I have never really outgrown my love for a new dress," she added with a guilty little laugh.

The Bride-Next-Door settled into her comfortable chair with a sigh of contentment and looked at the satisfying picture of the pretty, pink-clad old lady beside the window of the charming, homey old room.

"Aunt Ruby," she ventured, presently, "maybe you will think I am crazy. But

I wish — oh, more than anything else, almost — that you'd show me all over your house — attic, you know, and closets and even inside cupboards and bureau drawers!" The eager young voice faltered at the very audacity of her request.

"My goodness," exclaimed the little old lady, "doesn't that go to show what I was just thinking! We are all children, more or less, and never quite grow away from our childish notions and desires.

"Take a gloomy day like this and what little girl doesn't like browsing round attics and bureau drawers? I'd love to show you my house, dearie — makes me feel easier about this pink gingham, that wouldn't stay in its closet spite of all the good advice I gave it!"

But the inspection did not take long. For the house was not large. Neither was it one of those old family residences that have accumulated generations of treasures in garret and storeroom.

Even counting the cellar and the back entry, little more than half an hour had elapsed before they were back, Aunt Ruby by the window, and the little Bride-Next-Door in the big chair beside the fire.

"It's just exactly the way I've pictured it," murmured the Bride, "everything perfect, everything *just so*.

"How's the rheumatism today?" she inquired, as if suddenly changing to new subjects of thought.

"It's bothered a good bit," confessed Aunt Ruby, reluctantly. "I don't see why a body need be pestered with some ailment soon's they are past middle age. I notice it, getting about my work — can't be as spry as I used to be."

"And yet *everything* is done. And the new gingham is finished. And there's cake and apple sauce and potatoes ready to bake for supper!

"I wouldn't want you to see *my* house, Aunt Ruby Wentworth — and it isn't as large as yours. And I'm young and spry. And there's not a thing ready for supper. And I work and work."

"There, now, I know just how it is," interrupted Aunt Ruby, comfortingly. "Every young housekeeper, I guess, has to go through it.

"I'd always helped Mother and thought I knew all about housekeeping. But helping some one else — or even studying at a real cooking school, same as you have done — isn't running a whole house alone, meals and cleaning and mending and all."

"I don't run my house," protested the little Bride, disgustedly. "My house runs me. And it gets worse and worse. I'm just a horrid failure, and I meant to do so well."

"Course you're no failure. Anyone that can cook the way you can is no failure at housekeeping, for cooking is the biggest, and most important part of the job."

"Yet, I do not serve good meals — it is either a feast or a famine, as my grandmother used to say of shiftless housekeepers. If I get proper meals, then nothing else gets done. If I do the housework, there is nothing for dinner!"

"Don't I remember, though," chuckled Aunt Ruby. "I was like that, too.

"Sister Jane, now, didn't like housework. She'd always shirked off all she could of her work on to us other girls. And when she was married, and had everything to see to, she made a pretty mess of it. Course, she learned after a while, but she never was what you could call a good housekeeper, not ever. And it grieved Mother all her days, thinking, maybe, she wasn't strict enough with her at home. But I don't know.

"Sister Lou had always been the one at home who kept the house in order — she preferred doing that, always. So when she commenced her housekeeping she had everything neat as wax, but she pretty nigh starved poor Jason to death, first year or so. She learned to cook — you had to in those days, or let your family go hungry. If 'twas now, I guess she'd be one of these housekeepers who feed their family out of tin cans and the bake-shop!

"Now, I was more like you. I knew how to cook. And I liked any kind of housework well enough. And I wasn't afraid to work.

"But I couldn't seem to get things all done — ever. I'd resolve to keep my house neat and for a week we'd have next to nothing to eat. Then I'd turn over a new leaf and cook to beat all and the house would get to looking like a hurrah's nest. I declare, I don't see how Pa stood it; but he never complained, not to speak of."

"What did you do? How did you learn?" demanded the Bride-Next-Door, spreading expressive hands toward the beautiful orderliness that surrounded her.

"Why, I don't know as there's anything I could tell — it's been so long," mused Aunt Ruby.

"Well, one thing," she remembered, spurred by the deep dejection on the face of the little Bride, "was about doing what I called my regular chores.

"You see, I was apt to waste too much time of a morning doing things that didn't matter and letting things go that should be done. Maybe you're that way?"

"I don't know," confessed the Bride. "Seems as if I work every minute."

"What did you do first thing this morning?" questioned Aunt Ruby.

"Oh, Aunt Ruby, I forgot to tell you. My soap, that you told me how to make, turned out perfectly fine. I took it out of the mould this morning first thing and cut it into cakes."

"And spread it on the storeroom shelves to dry, like I told you?"

The Bride nodded.

"And then you noticed the shelves weren't very orderly and you straightened them out. And when you were through you felt tired and mussy. And the breakfast table was still standing — and your bedroom and everything, and it was ten o'clock!"

"You're a wizard. That is exactly how it was," admitted the younger house-

keeper. "But it was necessary work, Aunt Ruby."

"Necessary," agreed Aunt Ruby. "But not just at that time.

"That was one of the best things I discovered — to have a regular list of morning work, and to do it first thing, and as quickly as possible. That rule has saved me more confusion and discouragement than any other.

"You see, in your place this morning, I'd have done my dishes and straightened up the house and planned my dinner before I touched that soap and there'd have been no confusion and weariness."

"And if there hadn't been time to finish the soap, you could have stopped any time," mused the young housekeeper. "I was tired enough to drop trying to get dinner and wash dishes and everything at once, but I couldn't stop for one minute. I do begin to see, Aunt Ruby."

"You'll find it a good rule. Try it for a week. Then your house will be in order, and your extra work will go on smoothly and without confusion.

"Another time I do a little regular work is at night just before we go to bed. Pa is always busy then for fifteen-twenty minutes shutting up the doors and fixing fires and such. So I take that time to put things to order in the living-room, and have things sort of ready for breakfast. It helps a lot in the morning.

"Saving confusion, that's what you want to plan for. And to get necessary things done first — and early. Then you'll find the work doesn't drive you. You'll learn. Every young housekeeper learns, if she really tries."

"You've given me hope, anyway," smiled the Bride-Next-Door. "I'm going straight home and scrub potatoes to bake for supper and to make out my list of 'morning chores.'

"And, maybe, if I keep on learning, I'll finally come to be really mistress of my house, as you are of yours."

"Bon Voyage!"

By Ernest L. Thurston

MARGARET was going abroad. The chance had come unexpectedly. It was her first trip; she was to make it alone, and she was to be gone a long time. Naturally, her family, relatives and friends, as well as the girl, herself, to a certain excusable degree, were excited over it.

Of course, nothing would do, but that there should be a gathering of the clans. So a reunion dinner, for the family and those close to it, was suggested as an occasion for well-wishing and Godspeed to the departing traveler.

At first, there was little thought of any formality about it. Just to be all there together, with Margaret, was in the minds and hearts of those who issued the "call." What came into it, at the last, somehow just "grew" — one idea or suggestion leading to another until a real scheme of things had developed.

Naturally, having to do with a sea voyage, it was right and appropriate that the occasion should have somewhat of a nautical flavor. This the guests were made to feel from the moment when the door opened to their ring, and they were met by a young man of the house in sailor rig, and by one of his sisters in trim middy dress. Both saluted, smartly.

The guests were directed to certain "upper cabins" to leave their wraps, and were requested to return to the "main saloon." Here, Margaret, as captain of the good ship "Home," was waiting to greet them. Then their names were entered in the ship's log, in which were written, also, as the hours passed, records of the events and occurrences of the evening.

At once the conversation took a nautical turn — or rather, in some cases, a would-be nautical turn. Home members had studied up on sea-going phrases and terms. If they didn't always apply

them correctly, what of that? From time to time, as they talked, a ship's bell, sounding its clear notes, added a further flavor of the sea.

Soon after the last guest had arrived, a man's voice echoed through the saloon, "All ashore that's going ashore! A-l-l a-s-h-o-r-e that's going ashore!" Then, somewhere back, a voice ordered lines cast off, a little bell tinkled and the voyage was begun.

At once a man, in supposedly steward's rig, made his appearance and passed to each guest an irregularly cut portion of the picture of a ship. The matching of these determined the partners for the dinner, to which they were soon summoned by the clang of a familiar dinner bell. The steward, taking his stand in the doorway, announced, "All for the captain's table enter this way." And, of course, all trooped in.

As they entered the dining saloon, all main lights were out. But in small lanterns at the "bow" of the long table burned the red and the green lights — port and starboard. And at the stern was the white light. At each place was the shell of an orange, filled with orange ice, and in each was stuck a small, lighted orange candle.

Then the "saloon" lights blazed on. They disclosed a great, paper ship, with sails set, occupying the center of the table. Soft, gray, crepe paper around it represented the tossing sea. From its mast heads flew the American flag and the French flag, the latter marking, of course, the destination of the coming voyage. A string of tiny signal flags carried the message, "Bon Voyage!" From the decks, tiny toy sailor men gazed off to sea, or down at tiny toy boats moored alongside.

At each plate was a little paper boat, carrying a cargo of salted peanuts, and

bearing on its sail the name of the guest. There was, also, raked out of some city corner, a piece of genuine hardtack, or ship's biscuit. From the little paper boats, ribbons, of alternate colors, one for men and the other for women, ran out to the big ship, and connected with the little toy boats, or with bits of the cargo on the ship's deck.

At a given signal, these ribbons were hauled in, and the little packages, or the tiny craft, were drawn alongside. Each boat was then found to bear the name of some famous ship of history — The "Constitution," the "Victory," "America," and so on.

The little packages contained other favors, or souvenirs, of the occasion. All were nautical in character — a tiny deck rug, a deck chair, a compass, a ship's light, a ship's bell, a life-preserver, an oar, a chart, an anchor, a little sailor boy, a boatswain's whistle, signal flags. It had been easy from a large list of suggestions, to find the toys in any small toy shop. And they were not at all expensive.

Captain Margaret found not only her little ship's boat, but the big ship, itself, well laden with gifts, not toy, but real, which friends and relatives desired to have come to her at this time. For example, there was a beautifully bound record book, entitled "My Trip Abroad"; and

a tiny basket, containing two dainty handkerchiefs, "to catch the tears" at the time of departure.

The menu for the dinner was not drawn up strictly along "sea" lines, although, in addition to the hardtack, fish was served as an entrée, creamed oysters formed another dish, and the baked potato, so well known on every ship line, was much in evidence. Really, though, it was just a genuine, old-fashioned home meal.

Yet, seasoned with stories, and the spice of wit, it had a real sea flavor after all. Between courses, and when coffee was served, calls were made around the table for sea stories — if not real, then, "as they might have been." Strange, varied and wonderful were the adventures recounted — from Tommy Porter's "See Voyage on Land," to Edna Compton's "Across the Sea in Thirty Minutes."

But that the voyager might, also, go in safety and in comfort, and might enjoy, to the full, the coming experience, "advice in lighter vein" was demanded of all, whether or not they had ever ventured across the Big Pond.

When, at "eight bells," "All ashore!" sounded, and the good ship docked, all declared the voyage the smoothest they had ever experienced, and marvelled at the quickness with which the time had passed.

Metamorphosis

An angel, robed in spotless white,
Came to me once and bade me — "Write."
"What shall I write?" I, wondering, asked.
"Look in thy heart and tell, unmasked,
The greatest truth thou seest there."
I looked, and straight this thing laid bare;
The *shadow* of a sorrow great;
A silenced wrong, forgotten hate;
A golden rod each one above,
This rod, the magic wand of Love.

Harriet H. d'Autremont.

Seasonable Seasonings in New Orleans

By Grace McKinstry

ONE of the religious sects in America today makes a strong point of discouraging the use of seasonings and condiments. Many a sanitarium has taken the same attitude, and has forbidden its patients to have "Lucent sirups tinct with cinnamon," or any other spicy flavoring — possibly expurgating Keats for the patients. One such institution, some years ago, published its own little newspaper; the joke column was headed, "Our Only Condiments." English and Canadian cooks seem to use very little seasoning; housewives in our own northern states do not care for much, or for a wide variety. There seems to be the feeling that highly seasoned dishes spoil the palate for simpler ones, that these dishes are over-elaborate and unhealthy, that high seasoning may do as a makeshift for a chef who has something to conceal in the dish he is making, but that good, wholesome food materials should retain their individual flavors, undisguised.

What would all these people do in New Orleans? They would go, as the tourists do, into any restaurant on either the French or the American side of the city, and very likely order a dish of gumbo — why come to Orleans unless one wishes to get into touch with everything characteristic of the city? The gumbo might be seasoned (according to the Creole cook book) with "one-half pod of red pepper, without the seeds, salt, pepper and cayenne to taste" — all this in addition to "one bay leaf, three sprigs of parsley, one sprig of thyme, one large onion." Should the discouraged, disapproving tourists resolve, henceforth, to patronize only the "chain restaurants," which are practically alike all over the country, they would find this difference: A "vegetable dinner" has twice as much pepper-seasoning in New Orleans as it

has in New York or Chicago, though the appearance and price are identical.

Yes, we like plenty of seasoning, down here; insipid food is never enjoyed. Housewives who buy the gelatine-jelly preparations, which are just right for a northern family's taste, are sure to add some sherry and other flavorsome things. Bakers who make buns are likely to top them with a thin frosting, flavored with anise. The Creole cook-book is constantly suggesting the "zest" of a lemon or orange (which is just the yellow part of the rind, grated) to make some delicacy altogether delightful. Doesn't "zest" sound good!

It's all in the way you are brought up, you see. A certain commercial traveler of foreign birth — Hungarian, perhaps, — complained bitterly of the monotony of the food throughout all our northern and central states — the everlasting beef-steak and potatoes bored him to tears. He rejoiced, exceedingly, whenever he could return to New York and eat goulash or some other highly seasoned combination. New Orleans would agree with his view of the question, no doubt, and point, with pride, to the flavorsome Creole cookery.

What is Creole cookery? A Creole is a descendant of Louisiana's early French or Spanish settlers — a "Knickerbocker," an "F. F. V.," as to status in New Orleans. Creole cookery, then, is first of all, French — implying subtle seasonings, delightfully intriguing — a *souppçon* of this, that and the other, deliciously blended. Next, it is Spanish, implying seasonings of onion, red peppers, tomatoes; flavors rather more decided than those of the French cuisine. Then, there is something of the West Indian and Mexican in some of the Creole dishes, for New Orleans is a great seaport, a cosmopolitan city. That means more pepper. Italian dishes have

worked their way in, as elsewhere. Above all, there are the dishes which French ingenuity and skill have created from the wonderful products of Louisiana, where everything seems to grow all the year round, and enticing things to season with may be had fresh, not dried, at any time.

Take the famous "Bouillabaise" of New Orleans, which Thackeray pronounced better than that of Marseilles or Paris. The recipe calls for six slices of red snapper and six of redfish — those most excellent fish from the Gulf of Mexico. And the seasoning? Tomatoes, onions, an herb bouquet, garlic, bay leaves, thyme, parsley, allspice, salt, pepper and cayenne, white wine, lemon; there is olive oil for richness, saffron for coloring. Any number of the fish, and shell fish recipes in the Creole cook-books call for an equal variety of seasonings.

What would the northern housewife, whose use of herbs is confined to parsley and sage in the stuffing for poultry, think of this information given in one of the Creole cook-books:

"The old-time garden herbs are part of every well-regulated Creole kitchen garden. Thyme, sage, rosemary, mint, sweet marjoram, basil, lavender, anise, caraway, bene, borage, catnip, coriander, dill, fennel, horehound, pot marigold, pennyroyal, rue, summer-savory, tansy, tarragon, and wormwood; all these thrive in our gardens, and are used, some for culinary, some for medicinal purposes. Every good Creole cook keeps on hand an 'herb bouquet' — a sprig of thyme, celery, parsley and bay leaf, tied together. The Creole housewife gathers the leaves of the laurel, or bay leaf, and after washing and drying, thoroughly, the leaves are bottled for use. But fresh herbs are nearly always to be found in our gardens."

Notice this "sauce froide" for fish, from another Creole recipe book. Could you make it? "Mince quite fine some parsley, tarragon, chervil, chives and burnet; mix them in five tablespoonfuls of oil, or three yolks of hard-boiled eggs,

rubbed smooth; add two tablespoonfuls of vinegar, some made mustard, salt and pepper, beat until it is smooth." It would be simple enough for any Creole cook — perhaps he or she would consider it almost too simple, and add two or three more kinds of pepper.

"More peppers are raised in Louisiana than in any other section of the country," says the cook-book. "The hot varieties, or 'pimientos,' as the Creoles call them, 'chile,' 'red pepper,' 'cayenne,' 'tabasco,' etc., are used extensively for seasoning and for making our famous Creole pepper sauces. The mild varieties, 'sweet peppers' or 'green peppers,' 'mangoes,' etc., are highly esteemed, and are used, not only in making salad, but in other delightful dishes."

What is the answer to all this question of seasoning, or not seasoning, food? Something like this, perhaps. If you do not incline to Mexican or Spanish preparations, continue to avoid high seasonings. But the more delicate seasoning of the French cuisine, the pleasant herbs, the blended fruit flavors of delicate desserts, the "zest" of an orange — there is something to be said for all these. Many a foreign cook-book has sold well in our country since the world war; very likely our cooking all over the country will become more varied; we shall learn new combinations, new seasonings. Even during the war, "conservation" writers began to point out that a little pains might make many inexpensive foods and "left-over" dishes very palatable; the kitchen-gardens of the French were often mentioned or described. Tiny little gardens these are, but the crop may be of wide variety; why shouldn't all American housewives have kitchen-gardens, too?

"And, before the frost of winter hardens

All the surface of the fertile soil,
From the tiny little kitchen-gardens

What a wealth will bless the housewives' toil!

Parsley, garlic, chives and thyme are growing,
Mint and marjoram, and things like that;

We'll learn what the French have found worth
knowing,

Any dish is good that isn't flat."

Eat Thou Honey

By Josephine Morse

TO begin with, this is not a sermon, though the title may suggest one, but simply a quotation from Proverbs—"Eat thou honey, for it is good"—which shows the biblical appreciation of what Vergil has called the "gift of heaven." Honey has always been abundant in the Old World, and a staple sweet from time immemorial. Here, in America, we have a fairly bewildering number of sugars and syrups from which to choose. None are superior (and many are inferior) to honey, which is purely the product of the flower and the bee, and one of the most palatable and delicate foods which furnish fuel to the body. It has a high caloric value, and is a great producer of energy; one tablespoonful of honey equals 100 calories. Every one knows what a strong, natural craving most children have for sweets. It is only natural. They are growing, and their little furnaces need constant stoking. Surely the most truly economical course to pursue in satisfying this need will be not to furnish the children with pennies to buy cheap candy at the store, but to take those pennies, and with them buy a big jar of clover honey to be placed on the pantry shelf.

I suppose a great many people really do use honey now and then. The point I want to make is that the use should be much more general. For besides being used on bread, hot waffles, biscuits, perhaps on rice as dessert, or a sauce for vanilla ice cream, or in different candies, why is it not used more in bread and cakes? In Europe, honey is used extensively by bakers and confectioners, on account of the moisture imparted to their products by the honey and the consequent excellent keeping qualities. Cakes and cookies, made with honey, will keep moist almost indefinitely. Surely we all would be glad always to have a cake on hand in an emergency. One which

tasted fresh and moist, and not stale and dried up! This is just where the use of honey comes in. When we use it in a cake, the longer we keep it the better it is. So what excuse for not having a good, spicy, well-ripened fruit cake, to produce when occasion demands?

Honey is an inverted sugar with about 20 per cent water. This water content is what keeps the cake moist. Cakes made with honey and butter will keep perfectly fresh until the butter becomes rancid, and if made *without* butter will keep perfectly fresh for months. And here let me emphasize the fact that the stronger, darker honeys are best in the dark breads and cakes—especially in combination with spices. Save the lighter, more delicate honey, for custards, ice cream, etc. The honey is used in the place of sugar, cup for cup, and for every cup of honey use one-half a teaspoonful of baking soda to counteract the acidity. Baking powder may be necessary to raise the dough. On account of the water content in the honey, one-quarter of a cup less liquid should be used than the recipe calls for.

When preserving by the Cold Pack Method, a syrup, made by boiling equal parts of honey and water for ten minutes, poured over the fruit in the jars, and then cooked the prescribed time, has been found satisfactory. Or it can be used in the same proportion as sugar in the open kettle. The flavor of preserved pears is greatly improved by the substitution of honey and a delicious flavor is given to peaches, blackberries, cherries and many other fruits. Jams also are delicious when made with honey.

Of course, honey to be used in cooking must be in liquid form. It is a very simple matter to extract the honey from the comb, even without the use of a honey extractor. Simply put the honey in a

double boiler toward the back of the stove, and let it melt slowly. When thoroughly liquefied, let cool and remove the cake of wax from the top, and the honey is ready for use.

When extracted honey (meaning honey "extracted" from the comb) is bought, there may be a few granules in the bottom of the jar, or half the contents may be crystallized. This is nothing to worry about, and it certainly must not be imagined, as is sometimes erroneously reported, that such honey is not real honey, but is made from sugar. This candying or granulation is a natural process, which often is hastened by changes in temperature where the honey is stored. If honey is heated, in order to prevent granulation, or to liquefy, on

account of granulation, much of the flavor, aroma and vitamins may be lost if the heating process is not done very carefully. The temperature of the honey should not exceed 160 degrees. Granulated honey is delicious in sandwiches, and is also very easy for children to manipulate — there being no "drip." And, by the way, keep any form of honey in the kitchen or pantry, rather than in the cellar or ice-box! A warm, dry place is the best for storage, as in a damp place it will quickly take on moisture and ferment.

It will be found economical to buy honey in ten-pound cans, or even a sixty-pound can will be practical, if the household is large — as the larger the container the lower the price of the contents!

Salads for All Occasions

By Saidee L. Slover

"There's method in the mixin'."

THE salad, crisp, dainty and appetizing, is an indispensable accompaniment to the well-ordered meal. Not so many years ago the salad was looked upon as a foreign dish, as our neighbors across the sea appreciated the value of the salad, as an appetizer, as well as a food of real nourishment, long before we did. Now the American housekeeper has at hand the directions for making salads to complete the menu for any dinner or luncheon, and the beauty of a salad recipe lies in the fact that, if the housekeeper lacks a part of the ingredients, something else at hand may be substituted instead with excellent results.

The salad forming the staple article of the luncheon or supper menu may contain all the ingredients necessary for the feeding of the body. The salad to accompany the hearty dinner must, necessarily, be of different character, light, crisp, appetizing, stimulating.

French dressing, or a light cream dress-

ing, is preferable for a dinner salad, while a rich mayonnaise may dress the luncheon salad. A salad with French dressing is appropriate to serve with meats. A salad with mayonnaise should be one of the principal courses of a meal, usually for a luncheon or afternoon reception. If salad is served as the principal course, wafers and cheese should be served with it, but if salad is served with meat course, wafers and cheese may be served with the coffee. Fruit salads may precede a dinner or luncheon in warm weather, or they may follow as a dessert at any time.

There are a number of variations in salad dressing, though they depend chiefly upon four foundations. Mayonnaise dressing is used with a salad in which there are meats, fish or fruits. Cooked salad dressing with potatoes and cabbage. French salad dressing with green vegetables. Cream dressing with lettuce.

The following rules should be observed in making salads: First, everything must

be cold; second, greens must be crisp; third, ingredients must be well proportioned and blended; fourth, the whole must be well mixed.

Always dress a salad in this order: Salt to make it savory; pepper, or other spice, to make it bright; oil, butter or cream to make it smooth and more nourishing; lemon juice or vinegar to give piquancy to the whole; and sugar, if desired, to lessen the acidity.

Asparagus, lima or string beans, beets, carrots, peas, cauliflower, spinach or turnips may be served upon lettuce leaves, dressed with French dressing and garnished, if desired, with bits of pimiento, parsley or red mango. The vegetable must be well cooked and cold.

The following combinations, using the proper dressing, are good, although the list might be extended indefinitely:

1. Thin-sliced apples or bananas, served with lettuce leaves and garnished with fine-chopped nuts.

2. Celery combined with fresh tomatoes, or tomatoes canned whole. A bit of onion may be added if desired.

3. Endive or cress may be used alone.

4. Cabbage and celery, combined with or without a bit of onion, and a green pepper, fine-chopped.

5. Celery and cucumber alone, or in combinations.

6. Either pecans, English walnuts or almonds, combined with quartered and sliced bananas and cubes of pineapple, or large strawberries, or peaches.

7. White grapes, cubes of pineapple, bananas, and oranges, garnished with maraschino cherries.

8. Juicy apples, with slightly acid taste, cut in cubes, and added to diced oranges and dates, make a delicious salad. Add half a cup of maraschino cherries.

Mayonnaise Dressing

Yolks of four eggs, two level teaspoonfuls of fine salt, two level teaspoonfuls of dry mustard, eight tablespoonfuls of melted butter, twelve tablespoonfuls of

vinegar, one level teaspoonful of black pepper. Have yolks well beaten; add butter, mustard, salt and pepper. Boil vinegar and add, slowly, beating thoroughly all the time. Put in double boiler and cook until thick, adding well-beaten whites of four eggs with four level tablespoonfuls of sugar beaten in them. Remove from fire and when ready to serve add two cups of whipped cream.

Cooked Salad Dressing

One teaspoonful of salt, one teaspoonful of mustard, one and one-half teaspoonfuls of sugar, few grains of cayenne, three-fourths a tablespoonful of flour, yolks of two eggs, three-fourths a cup of scalded milk, one-half a cup of hot vinegar, one and one-half teaspoonfuls of melted butter. Mix the dry ingredients, add the yolks and mix thoroughly; add the scalded milk, return to double boiler, add the hot vinegar, stirring constantly until mixture thickens, add the butter. Let cool before using.

French Salad Dressing

Six tablespoonfuls of olive oil, two tablespoonfuls of vinegar, one-half a teaspoonful of pepper, one-half a teaspoonful of salt. Place salt and pepper in a small bowl, and very gradually add the olive oil, stirring all the time. When salt is dissolved, add the vinegar (or lemon juice) stirring until the mixture slightly thickens.

Cream Dressing

One cup of vinegar, one cup of either sweet or sour cream, one tablespoonful of salt, one tablespoonful of mustard, one-fourth a cup of sugar, one-fourth a cup of butter, three eggs, well beaten, few grains of red pepper. Cream together butter and sugar, and add seasonings, then add eggs and cream, stirring constantly. Cook in double boiler. When the mixture begins to thicken, add hot vinegar, a few drops at a time. Beat constantly and remove from fire occasionally to avoid overheating the egg.

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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HOPEFUL SIGNS

THE recent report of the Commissioners of Massachusetts, on the necessities of life, contains some interesting and hopeful items:

"An optimistic view of the future is justified," the commission states, "when relations between commodity prices, profits, labor, service, significant transportation and taxes become stabilized.

"A significant factor which will effect the future trend of prices," the report concludes, "is the unevenness of deflation and the discrepancy between the wholesale and retail prices.

"The prices of agricultural products are now about 15 per cent above the pre-war level, while building materials, clothing, house furnishings—to list a few groups that have as yet not liquidated—are still about 75 per cent over pre-war prices.

"In spite of all efforts to maintain the present great margin between the cost of raw materials and the price to the

consumer, the tendency of living costs will be downward."

OF RESTLESS ILL-OMEN

THE somewhat desultory talk heard on every hand, today, about the evasion of prohibition, special taxation, and the confusion in the Conference on the Limitation of Armament, is all wrong, and greatly to be deplored. These matters are real and immediately before us; they must be dealt with fairly, seriously and in earnest.

The threatened tariff on paper, hides and other necessities of life, is not agreeable to the great public, the consumer. A tariff is a narrow, one-sided and an unfair tax, and the demand for a general reduction in taxation is urgent. We need greater and still greater limitation of armaments and consequent expenditures, therefor, and less and still less of taxation. If the nations are to agree that there shall be no more aggressive warfare, of what use are navies and armies, anyway? Why not scrap, at once, the whole outfit? To low tariff rates and taxes, as regards its past and future policy, our present administration is committed. The broad and open way is safest to travel. Let us pursue the course that has been, for so long, anticipated.

Now, as to the evasion of prohibition. This is no joking matter. Prohibition is the law of the land, and, besides, it is the most beneficial piece of legislation that has been achieved since the Proclamation of Emancipation. It opens up a way of freedom from still greater bondage. Have we well considered the effects of the violation or evasion of law? Are law-breakers to be regarded as "sharp guys" and looked upon with approval? Are the deeds of criminals to be condoned? We believe our laws should be strictly observed and kept inviolate. Our Constitution, though not perfect or infallible, is sacred. As such it should be constantly upheld and supported. "Righteousness exalteth a nation: but sin is a reproach to any people."

PRIDE

NOT long ago we read an editorial on Pride. In this it was stated that "Pride is the chief source of man's inspiration. Find a man who has no pride and you have found one whose past is inglorious and whose future is without hope. It is pride that leads man to adventure, pride that steels him to endure, pride that brings him an ultimate triumph.

"Pride is so closely woven into the fabric of man's life that he cannot remove it and remain a whole man. If he thinks to trick pride by teaching himself to be humble, he will end by being proud of his humility. Circumstance may select the peg on which his pride is hung; it cannot, except it beat him into the gutter, steal his pride away. If he cannot be proud of his skill as a statesman, he will be proud of his skill at chopping trees."

Every one is proud of something. From youth to old age pride is a chief trait of the race. Children are fond of praise; blame is ever distasteful to them. Everybody likes to be called skilful — to be able to do some one thing better than others, whether it be in building houses or in making verses. All like to be known as excelling in something. The wise man hath said, "A good name is rather to be chosen than great riches." Also, in case of excessive pride, where "virtue itself turns vice, being misapplied," he said, "Pride goeth before destruction and an haughty spirit before a fall." And, yet, who can doubt but that pride is a virtue most worthy to be cherished and cultivated, in both child and adult? Unless we respect ourselves, no one will respect us. Especially, in the training and guidance of youth, an appeal to pride is a main reliance.

Why should not the housewife take pride in her calling and learn to do her work well? Her calling is far-reaching and important. No greater service can be rendered on earth than that which has been given her to do. Let us be proud of this high calling and strive to merit the approval of all good workmen.

WHAT THE CONFERENCE MEANS
TO NEW ENGLAND

THE chamber of commerce does well to obtain opinions of New England's public men at Washington as to the influence of the armament conference. The men in the record are almost unanimous in their optimism. The conference is to succeed. It will not solve all the world's problems. But it is a token of a new international attitude.

Speaker Gillett sees public opinion all over the world demanding the stoppage of the wastes of war and the rulers afraid to defy the sentiment of their peoples. Congressman Luce finds a chance to speed up the filling of the drained reservoir of the world's capital by stopping competition in armament. Congressman Winslow thinks the establishment of a reasonable peace insurance will furnish a new bedrock upon which to rebuild the toppling institutions of today. Whatever helps the rest of the country will help New England; the world is a unit today, and the prosperity of one nation depends on the prosperity of most of the others. Success at Washington means the opening of a vast Chinese market for the world's products, in the judgment of John Jacob Rogers. Congressman Dallinger is apprehensive that the industrial breakdown of Germany is only a short distance ahead, a calamity which would react on our foreign trade. He does not expect pre-war prosperity to come back in a hurry, but he does emphasize the necessity of spending in legitimate production the sums now wasted on implements of war.

The men quoted believe the conference will achieve far more than its projectors dared to expect. They warn the people to look for no miracles of transformation and insist that hard work alone will restore the conditions upon which the people now look back with fond regrets. Secretary Hoover pertinently cites one demonstration of the value of the conference for the business interests of the nation that everybody may now see for

himself—the recent rise in international exchanges which can largely be attributed to the mere fact that the conference met. — *The Boston Herald*.

WOMEN AND WORRY

AROUND the New Year days one used to hear a great deal about the "Water-Wagon" and other "Wagons," on which people were climbing in order to leave off this or that bad habit. I wonder how many have become passengers on the anti-worry "wagon" since January 1, 1922.

We do not hear so much about this "Wagon" as some of the others, but I think it is an important one, especially for women passengers. There are so many things that women, in particular, worry about, the result, largely, of the indoor life that goes with housework, sewing, teaching and other employments falling to women's share in life's work.

But what is going to induce one given to the worry habit to face about and decide to drop the habit and get on the Anti-worry wagon?

Only as one realizes how destructive to health and usefulness worrying is, can there be a decision to abandon it entirely. Worry can scatter happiness, reduce health to illness and work general destruction in a life like a cyclone, though a little slower in the process. And worry never gets its victim anywhere that counts.

Worry and optimism cannot travel the same road, to say nothing of going in company. A real good worrier is not generally sought after, either in business, or social life. All the world seems to be waking up to the fact that to succeed one must show a brave front, talk good-cheer, wear, at least, a pleasant face, if not a smile, and seldom talk of troubles or worries, either his own or those of another.

The average person shuns a pessimist, as he would a plague. But the anti-worry wagon carries an exclusive set of passengers who possess certain qualities in common that make them a jolly,

happy company. They have resolved to quit worrying forever.

The people of the Anti-worry wagon no longer fuss over their food, whether it shall be stove-cooked or sun-cooked. Food is food and to be eaten with thanksgiving. And since they no longer worry their food takes care of itself without a conscious thought of the matter of digestion. Sleep is taken in much the same carefree manner.

Thus, having so much more time and thought to give to work and other matters, and so much more energy that is now conserved, they go about their duties emancipated, as it were. Life broadens and energy increases. S. S. M.

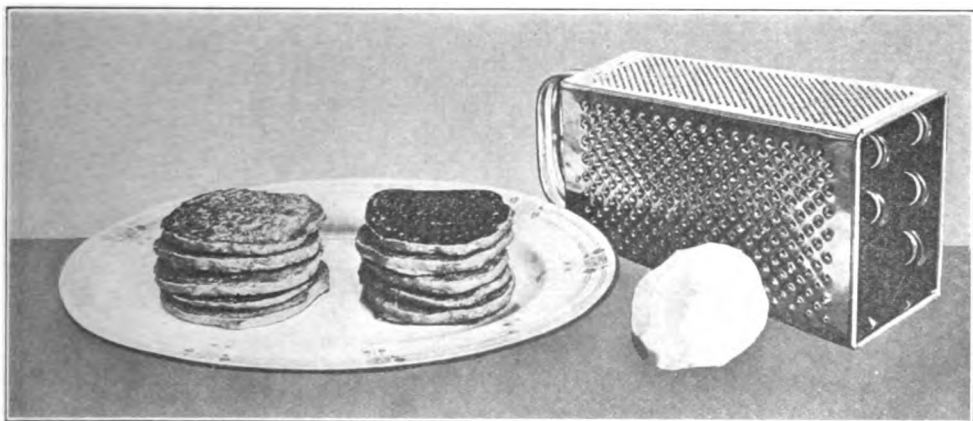
FEBRUARY

Month of all months that holds a hallowed spot
 Within the heart,
 Because it gave the nation two great men
 Who could impart
 To one and all a clear, convincing proof
 Of duty's call,
 Nor shirked themselves! Whose sense of honor
 would
 Let naught forestall
 What they alone conceived as loyal, right,
 Uplifting, true,
 From an impartial, all-encompassing,
 Keen point of view!

When dawns the twelfth, we lift our hearts in
 prayer
 To God above
 For Lincoln, friend to rich and poor alike,
 Whom we all love!
 Though gone from us in form, his spirit lives
 To guide aright
 His countrymen through trials and ordeals
 With giant might!
 With such far-reaching sympathy and love
 Was he endowed,
 That, by our country's every grief and care,
 His head was bowed.

When dawns the twenty-second, natal day
 That we revere
 Unitedly, and fitting homage pay
 Afar and near,
 To him, OUR WASHINGTON, his country's
 sire,
 Time-honored man,
 Whom 'tis a privilege to imitate
 In our life plan.
 His spirit, too, lives on — a spark divine,
 That cannot die;
 Exponent of nobility and strength
 None can outvie!

Caroline L. Sumner.



POTATO PANCAKES (See page 516)

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Crumb Cream Soup

BOIL in one quart of water for thirty minutes one carrot, one stalk of celery, one onion, and one-half of one parsnip, all fine-chopped. Strain; add one tablespoonful of salt and one teaspoonful of white pepper, one cup of fine-sifted crumbs, and two tablespoonfuls of flour, blended with two tablespoonfuls of butter. Stir over fire until the soup boils, then add three cups of thin cream and two well-beaten eggs, and continue cooking with careful stirring until eggs are set.

Flemish Soup

Cook two ounces of minced, raw ham in one-half a cup of olive oil or butter; add three onions, three stalks of celery, and six potatoes, all sliced, and let cook until the vegetables begin to brown. Turn the whole into a soup kettle containing one quart of stock, and continue to cook until the potatoes are boiled away. Strain; return liquid to kettle, and

thicken with three tablespoonfuls of flour, rubbed smooth with a little water. Add one-half a teaspoonful of poultry seasoning and salt and pepper to taste. Just before serving, add one cup of cream and two well-beaten eggs; stir until eggs are set, and serve immediately.

Peanut-Stuffed Goose, with Grapefruit Sauce

Select a fat goose, and after preparing for stuffing let soak for an hour in a mixture of equal parts of vinegar and water. Meantime, prepare the following stuffing. Mix one cup of bread crumbs with one cup of fine-chopped peanuts. Add one-half a cup of cream, heated with two tablespoonfuls of butter, until the butter melts. Season with one teaspoonful of salt, one-half a teaspoonful of pepper, one-half a teaspoonful of dried powdered thyme, and one tablespoonful of scraped onion or onion juice.

Pare, core, and quarter one or two sour apples; stick two cloves in each quarter, and mix these with the stuffing; fill into

the body of the goose and roast as usual, basting frequently. When done sprinkle with powdered dried sage, and serve with grapefruit sauce.

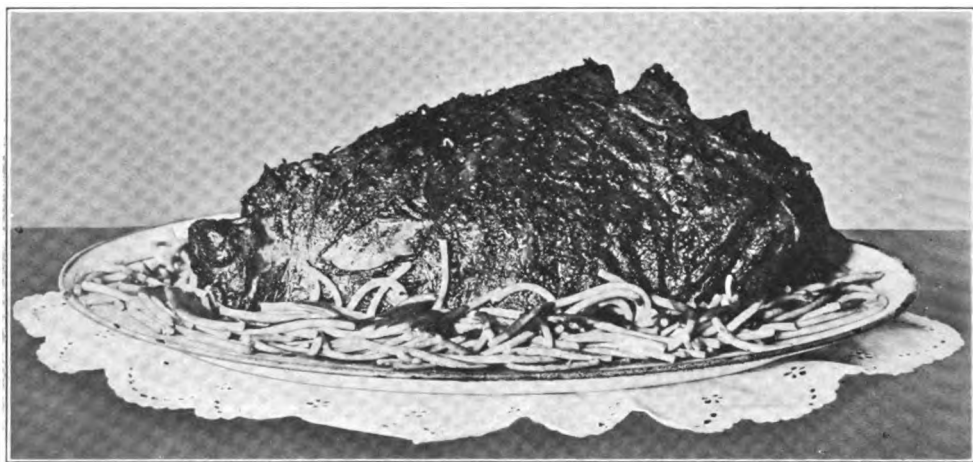
Grapefruit Sauce

Toast in the oven, until hard and nicely browned, enough sliced stale bread to make a cup of crumbs when rolled and sifted. Mix these thoroughly with one-fourth a cup of melted butter, seasoning of salt and pepper, two tablespoonfuls of tomato catsup, one cup of grapejuice, and one well-beaten egg. Cook, stirring carefully, until egg is set sufficiently to make the mixture slightly creamy. Before serving stir in one-half a cup of any tart jelly, the wild grape jelly is best, first pressed through a potato ricer. This is a good sauce for game, the fatter kinds of fish, or any red meats.

the baking-pan, mixed with a little water, should be added. Bake until the lamb is cooked, then add a pint of sifted tomato pulp or a small can of tomato paste; garnish with mushrooms, sprinkle the meat with fine-chopped parsley, and serve.

Potato-and-Beef Patty

Beat into a quart of hot riced potatoes three or four beaten eggs. The potatoes should be hot enough partly to set the eggs. Add one-fourth a cup of melted butter, two teaspoonfuls of salt, one of pepper, and one tablespoonful of onion juice. Grease quite thick the inside of an earthen baking dish, dredge lightly with flour, and when cold line this mould with the prepared potato, making a wall about one inch thick. Fill the center to within one inch and one-half of the top with chopped, cooked beef, mixed with



ROAST LAMB ON BED OF SPAGHETTI

Roast Lamb on Bed of Spaghetti

Roast a choice joint of lamb, preferably a leg, as usual, and when a little more than half-cooked place it on a bed of cooked spaghetti in a large earthen dish or other pan in which it may be brought to the table. Prick the meat all over with a three-pronged steel fork, so that the juices may run out over the spaghetti, which should be spread with a little butter to keep it soft; also the gravy from

enough chopped ham or cooked bacon to flavor, and a few mushrooms, thin-sliced carrots, or other vegetables. Spread the remainder of the potato over the top for an upper crust, and bake until well browned. Invert on hot platter before serving.

Savory Purée of Cauliflower

Trim and cut in pieces one medium-sized head of cauliflower, and let cook with two sliced onions in a quart of boiling

salted water until tender. Press the vegetables through a colander; boil down the water to half its volume, season with salt and pepper, and thicken with two tablespoonfuls of flour and one-fourth a cup of minute tapioca. As the mixture thickens keep adding rich milk, or thin cream, or a mixture of both until three cups have been added. Then stir in the sifted vegetables and let all come to a boil; serve with a garnish of ripe olives, stuffed with cheese.

Bran Muffins

Sift together one cup of entire wheat flour, three teaspoonfuls of baking powder, one-half a teaspoonful of salt, and add two cups of bran. Stir one-half a teaspoonful of soda into one cup and one-half of sour milk, and one-fourth a cup of molasses; add one well-beaten egg and then stir into the dry ingredients; add two tablespoonfuls of butter and one-half a cup of seedless raisins. Beat thoroughly and bake in a hot, well-buttered muffin pan about twenty-five minutes.

Potato Cassolettes Filled with Creamed Sweetbreads

To each pint of hot, riced potato add one yolk of egg, one-half a teaspoonful of salt, a dash of pepper, one tablespoonful of butter and sufficient milk to make the mixture of the right consistency to shape into ovals. Egg-and-bread crumb, as in making croquettes; score the top of each

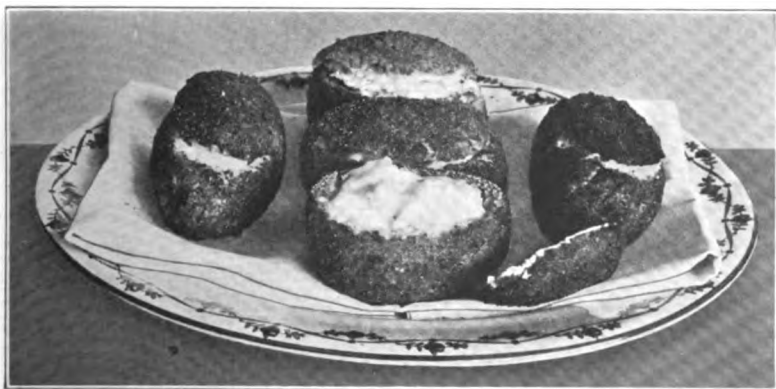


BRAN MUFFINS WITH RAISINS

about a quarter of an inch from the edge. Fry in deep fat; cut around the scoring and lift off the top; remove part of the center, leaving a case, which, after filling, is covered with the top.

Creamed Sweetbreads

Soak sweetbreads in cold water; change water twice; set over the fire in cold water; heat the water slowly to the boiling point, then let simmer half an hour; drain, and when cold, cut into cubes. Melt two tablespoonfuls of butter in a saucepan; add one slice of onion and a bit of red or green pepper, and let simmer over slow heat five minutes; remove onion and pepper and increase the heat; add two tablespoonfuls of flour and one-half a teaspoonful of salt, and stir until butter and flour are well blended and bubbling throughout. Add one cup of milk and



POTATO CASSOLETTES WITH CREAMED SWEETBREADS

stir constantly until the boiling point is reached. Add prepared sweetbreads and serve.

Mushrooms on Toast

Peel the caps and remove the stems from one-quarter of a pound of mushrooms. Brush the wires of a hot broiler with olive oil. Place the mushrooms on the broiler, gill side down. Hold the gill side of the mushrooms to the fire; after three minutes, turn the broiler, put a bit of butter in each cap, and hold the skin side to the fire for three minutes. Arrange on slices of hot buttered toast.

Potato Pancakes

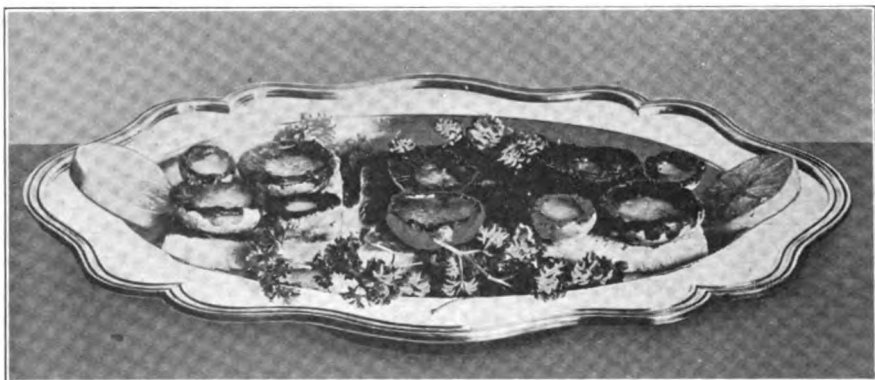
Grate raw potatoes until there is suffi-

fourth. Shortly before serving add two teaspoonfuls of salt, one teaspoonful of pepper, a little chopped parsley, and serve the tails on a bed of fresh-cooked macaroni, sprinkled with grated cheese, and with the sauce, first sifted through a colander, poured over them.

Calves' Tasties

(English)

Parboil a pair of sweetbreads for five minutes; remove tubes, etc., and cook for ten minutes in a half-pint of rich stock. Drain, and let cool. Proceed similarly with a pair of calves' brains, using the same stock for the second cooking. Wash and clean the heart and kidneys of a calf, slice, and cook in the stock until done. Sauté the heart and



MUSHROOMS ON TOAST

cient pulp to fill a cup; add one-half a teaspoonful of salt, two well-beaten eggs, and one-half a cup of flour. Beat thoroughly, and cook on a hot griddle. If desired, one raw onion, grated, may be added.

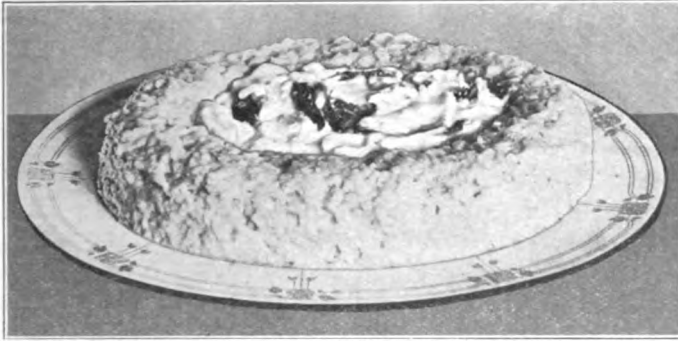
Braised Ox Tails

Select two pounds of large-jointed tails; divide at the joints, wipe clean, and sauté in butter on a hot pan. Cook in one and one-half pints of stock, one cup, each, of cubes of carrot and white turnip, and one-half a cup of fine-minced onion; add the tails, and cook slowly, while close-covered, for one hour and one-

kidneys in butter until brown on the outside; slice the brains and sweetbreads, dip the slices in beaten egg and then in fine-sifted crumbs, and fry in deep fat. Add to the butter in the sautéing pan two tablespoonfuls of black currant jelly, and heat until melted; stir in two tablespoonfuls of flour, and add this to the stock; let boil up once, and pour over the sliced and fried meats in a hot dish. Serve surrounded with potatoes, baked after paring.

Horseradish Cream Sauce

Mix with one-fourth a cup of grated horseradish, one-fourth a teaspoonful of



LOBSTER IN RICE BORDER

salt; moisten with vinegar, and stir into the mixture one beaten egg. Add one cup of thin white sauce; let heat through, while beating with Dover beater; serve with veal or any delicate meat. Whipped cream, beaten to a froth, may be substituted for the white sauce.

Chocolate Rice Pudding

Cook until tender in a pint of milk one-fourth a cup of well-washed rice. Add one-third a cup of granulated sugar, two tablespoonfuls of butter, one-half a cup of seeded raisins, one-fourth of a grated nutmeg, one square of chocolate, shaved and melted, one-half a cup of heavy cream, whipped stiff and mixed with one stiff-beaten egg; pour the whole into a buttered baking dish and let bake

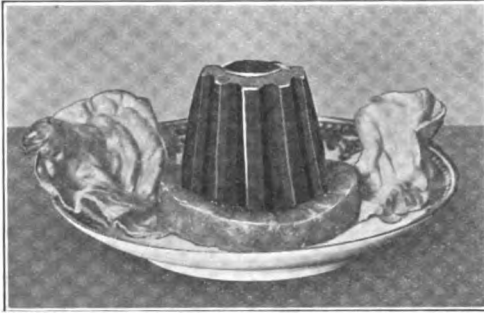
until brown on top. Spread with quince jelly; cover with a meringue, made from the beaten whites of two eggs, and four tablespoonfuls of sugar, and brown the meringue under the gas flame before serving. Both jelly and meringue may be omitted.

Lobster in Rice Border

Heat cubes of lobster meat in a white sauce. Serve in a border of rice, pilaf style. Set one cup and one-half of stock, with one cup of stewed and strained tomato, over the fire. When boiling add one cup of rice and half a teaspoonful of salt. Stir occasionally with a fork until the liquid is absorbed. Then add one-half a cup of butter, and cook over hot water until tender.



BAKED EGGS



INDIVIDUAL MOULD OF CRANBERRY JELLY

Baked Eggs

Fill a deep baking dish with hot, mashed potatoes. Make nests into which eggs are broken. Bake in a moderate oven until the eggs are cooked.

Individual Moulds of Cranberry Jelly

Cook one quart of cranberries in a cup of water, and over a hot fire about five minutes, or until the berries burst. With a wooden pestle press the pulp through a coarse sieve; add a pint of sugar, and stir until the sugar is dissolved, then pour into moulds to set. When ready to serve, unmould on a slice of pineapple, and garnish with heart leaves of lettuce, or small stalks of celery.

Cherry-and-Chestnut Salad

With a sharp-pointed knife slit each shell of a pint of Italian chestnuts across one side. Cook one minute in boiling water, drain and dry. Add a teaspoonful

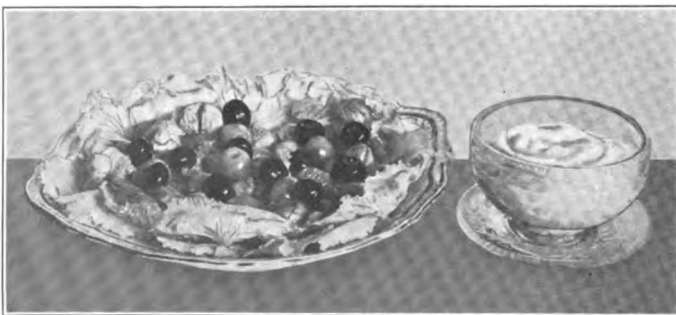
of butter, and stir and shake over the fire four minutes; then remove the skin and shell together. Slice the nuts very fine; add one cup of stoned, white, preserved cherries, and one-half a cup of maraschino cherries, cut in halves. Mix with mayonnaise dressing, and arrange on lettuce leaves.

Frozen Custard with Raisins and Caramel Sauce

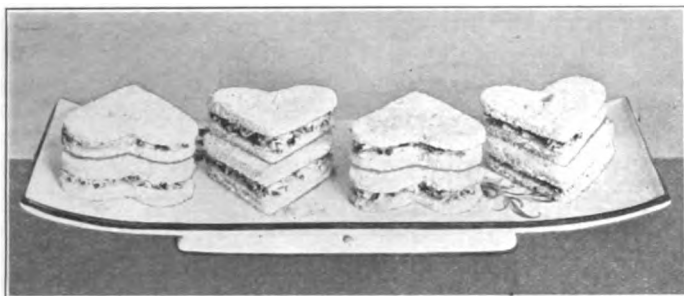
Make a soft custard, using four eggs and one cup of sugar to a quart of rich milk, with any desired flavoring. Freeze until very stiff and firm. Have ready a package of seeded raisins, stewed until soft, in half a cup of water in a close-covered saucepan, with frequent stirring. The water should be almost completely absorbed by the raisins. Mix these with the frozen custard, and pack the whole in ice and salt until serving time. Then pour over each portion a tablespoonful of caramel sauce, made as follows:

Caramel Sauce

Cook two cups of brown sugar in half a cup of milk, with two tablespoonfuls of butter added, until the mixture boils. Add two squares of unsweetened chocolate, grated or shaved fine, and continue cooking until a very soft-ball state is reached, or 235 deg. Fah. Set the saucepan in hot water until a spoonful of the sauce has been poured over each serving of the ice cream. It should harden, and form a coating over each portion.



CHERRY-AND-CHESTNUT SALAD



SANDWICHES FOR ST. VALENTINE'S DAY

Heart-Shaped Cake

Cream one-half a cup of butter and add the grated rind of one lemon; gradually beat in one-half a cup of sugar; add the yolks of four eggs, beaten light. Sift together one cup of flour, one tablespoonful of corn starch, and one teaspoonful of baking powder; add to first mixture. When thoroughly blended fold in the whites of four eggs, beaten very light. Bake in a heart-shaped pan. Frost with

Ornamental Frosting

Beat the whites of four eggs with one-fourth a cup of confectioners' sugar three minutes, then continue to add the same quantity of sugar, beating the same length of time, until one-half a pound of sugar has been used. Add one-fourth a teaspoonful of cream of tartar, and con-

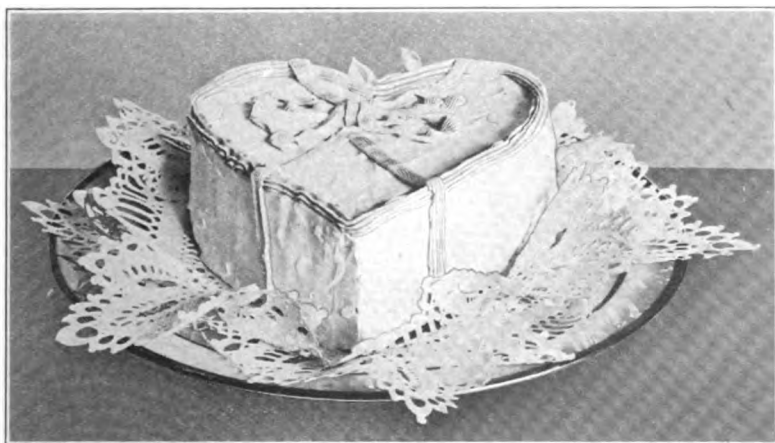
tinue adding sugar until a knife, pressed down into the frosting, makes a "clean cut" that will not close again. Spread the cake with a thin coating of the frosting. Set aside until the frosting on the cake is hardened, then ornament by using pastry-bag and tube.

Sandwiches for Party or Tea St. Valentine's Day

Cut slices of bread with heart-shaped cutter. Cream one tablespoonful of butter with one cream cheese. When thoroughly blended add one-half a cup of maraschino cherries, chopped very fine. Use as a sandwich filling.

Small Decorated Sponge Cakes

Beat three eggs until very firm; gradually beat in one cup and one-half of sugar and the grated rind of a lemon; then add, alternately, one-half a cup of



HEART-SHAPED CAKE



SMALL DECORATED SPONGE CAKES

cold water and one cup and one-half of pastry flour, sifted with two teaspoonfuls of baking powder and one-fourth a teaspoonful of salt. Bake in a sheet. When cool cut in shapes with round or oval cutters, cover with boiled icing, and decorate with strips of angelica and chopped pistachio nuts.

Washington Pie

Cream one-half a cup of butter; add, gradually, one cup and one-half of sugar, three-fourths a cup of milk, mixed with three eggs, well beaten; lastly, add two cups and three-fourths of flour, sifted with three teaspoonfuls and three-fourths of baking powder. Bake in two round, layer-cake tins. Put raspberry jam between layers and sprinkle top with powdered sugar.

Valentine Hearts

Rub three-fourths a cup of butter into one cup and one-half of flour; mix with three-fourths a cup of sugar, one-fourth

a cup of currants, washed, oven-dried, and floured, and mix the whole to a batter with four beaten eggs. Lastly, add the grated yellow rind of two lemons, being careful to avoid using any of the white membrane inside the thin, outer, yellow rind. Bake the cakes in small, heart-shaped tins — the quantities given ought to make a dozen hearts — and when done ice six of the cakes with pale pink icing, the other six with deep pink, put pale and deep-colored frosted cakes together with plain white icing, and brush the edges with thick syrup and dip in fine-grated nuts. Arrange the cakes, setting upright alternate light and deep colors, in rings formed of white fondant, or molasses candy, pulled white, and placed in a circle on a round platter with a mound of green leaves in the center.

Washington's Birthday Washington Pie

Make the pie according to any of the usual recipes; sift powdered sugar over the top, mark or cut into sections for serving, and decorate each section with two hatchets crossed, the blades inserted into split candied cherries. To make the hatchets mix one cup of flour with one-fourth a cup of sugar, and rub into this six tablespoonfuls of butter. Work into a stiff dough, roll out thin, and cut into hatchet shapes, drawing from a stencilled hatchet placed on the dough, and using a sharp-pointed knife to make the outline.



WASHINGTON PIE

Bake for a few minutes in a quick oven, then brush over the handles with yolk of egg and water, and the blades with chocolate icing. Or the dough may first be baked, then the hatchets cut out, but this calls for quick action. Cut the cherries almost, but not quite, in halves, and thrust each hatchet blade between the sections of a split cherry.

Turnip Cups

Select white turnips of equal size; pare, cut a thin slice from the top of each, so that the turnip will stand when inverted, and beginning at the bottom scoop each one out into the form of a cup. Parboil in salted water, and when nearly done drain, and stuff with a mixture of the mashed inside parts, seasoned, mixed with an equal quantity of chopped meat, or cheese, fish, etc. Season to taste, moisten with a little cream, and bake on a pan in the oven until the mixture browns on top. Serve as an accompaniment to roast or boiled mutton or beef.

Lamb Pigeons

Cut four slices from the narrower end of a leg of yearling lamb, remove the bone from each, pound the meat flat, and spread with a well-seasoned forcemeat of bread-crumbs and minced pork, with scraped onion, chopped clams, mushrooms, etc., in any desired proportion for flavoring. Roll each cutlet and tie firmly with string. Spread with butter or fat, dredge with flour seasoned with salt and pepper, and place on the rack of a baking pan in an oven, which should be very hot for the first ten minutes. Then pour over them a pint of water, reduce temperature, and baste with the water and drippings every ten minutes until cooked.

Lift out the pigeons with a flat skimmer to a hot dish, cut and remove the string, and pour over the gravy from the pan to which a cup or more of sifted canned tomato has been added, with extra thickening of flour if desired.

Scallops of Deviled Crabs

In an agate saucepan melt three tablespoonfuls of butter, and stir into it three tablespoonfuls of flour, seasoned with one teaspoonful of salt, one-fourth a teaspoonful of pepper, a dash of paprika, two or three gratings of nutmeg, one teaspoonful of dry mustard, and one teaspoonful of sugar. Stir the whole to a smooth paste, and gradually add a mixture of three-fourths a cup, each, of cream and milk, stirring until the whole boils. Add a tablespoonful of fine-chopped parsley, one well-beaten egg, and a tablespoonful of lemon juice. Stir until the egg is set, then remove from fire, and mix with one can of sifted crab meat. Bake in scallop shells or small moulds with buttered crumbs sifted over the top.

Spanish Potatoes

Grate together or put through the food-chopper three onions, one large green pepper, and one large red pepper. The peppers should first have seeds and cores removed and be parboiled. Cook in half a cup of olive oil until the onions begin slightly to brown. Have ready one pint of parboiled potato cubes, half an inch in diameter, and add to the onions and peppers, turning over with a fork until the potatoes are browned and soft. Good to serve with cold meat or fish. Sweet potatoes, parboiled and sliced, may be substituted for the white potatoes, so may rice, hominy, or macaroni.



Seasonable Menus for Week in February

SUNDAY

Breakfast
Sliced Oranges and Bananas
Corn Puffs Hot Milk
Lamb Chops Creamed Potatoes
Coffee

Dinner
Roast Duck Celery Stuffing
Spanish Potatoes Creamed Cauliflower
Vanderbilt Salad
Frozen Custard with Raisins Caramel Sauce

Supper
Creamed Oysters on Toast
Baked Winter Pears Jelly Sauce
Plain Cake Cocoa

MONDAY

Breakfast
Gluten Grits with Raisins and Cream
Tomato Omelet Parsley Sauce
Muffins Coffee

Luncheon
Savory Purée of Cauliflower
Braised Ox-Tails with Macaroni
Hearts of Lettuce
Fruit
Tea or Milk

Dinner
Stuffed Breast of Veal
Horseradish Cream Sauce
Steamed Potatoes Spinach Timbales
Fig Pudding
Coffee

TUESDAY

Breakfast
Grapefruit
Fried Smelts
Sliced Cold Potatoes warmed-over in Milk
Graham Gems
Coffee

Luncheon
Calves' Tasties
Boiled Rice Squash
Brown Betty
Tea or Milk

Dinner
Beef Pot Roast
Baked Potatoes Creamed Salsify
Fruit Gelatine Whipped Cream
Coffee

SATURDAY

Breakfast
Wheatena with Canned Peaches
and Cream
Broiled Ham Stewed Lettuce
Oatmeal Muffins
Coffee

Luncheon
Flemish Soup
Pickled Lambs' Tongues
Floury Potatoes
Raspberry Layer Cake
Tea or Milk

Dinner
Roast Shoulder of Pork
Apple Fritters
Boiled Hominy
Steamed Cabbage
Chocolate Rice Pudding with
Quince Jelly Sauce
Coffee

WEDNESDAY

Breakfast
Apples
Malt Breakfast Food, Top Milk
Coddled Eggs
Squash Griddle Cakes Maple Syrup
Coffee

Luncheon
Potato-and-Beef Patty
Hot Coleslaw
Ginger-Molasses Layer Cake
Tea or Milk

Dinner
Boiled Salmon, Egg Sauce
Glazed Sweet Potatoes
Beet-and-Lettuce Salad
Lemon Meringue Pie
Coffee

THURSDAY

Breakfast
Cream of Wheat with Chopped Figs
Thin Cream
Broiled Liver and Bacon
Toast
Coffee

Luncheon
Creamed Dried Beef
Boiled Potatoes Lima Beans
Jellied Prunes Whipped Cream
Tea or Milk

Dinner
Baked Fresh Tongue
Currant Jelly Sauce
Riced Potatoes Brussels Sprouts
Caramel Custard
Coffee

FRIDAY

Breakfast
Oranges
Rolled Oats, Top Milk
Salmon Fish Balls
Crusty Rolls
Coffee

Luncheon
Deviled Eggs
Steamed Vegetable Hash
Canned Pears Sponge Drop Cakes
Tea or Milk

Dinner
Veal Pie Water Cress
Potato Croquettes Turnip Cups
Piccalilli
Deep-Dish Cherry Pie
Coffee

Menus for Special Occasions

MENU FOR VALENTINE DAY RECEPTION

<u>Salads of</u>		
<u>Chicken and Olives</u>		
<u>Cream Cheese and Sweet Peppers</u>		
<u>Sandwiches cut in Fancy Shapes: Triangles, Hearts and Diamonds</u>		
<u>Salted Pecans</u>	<u>Crystallized Ginger</u>	<u>Cluster Raisins</u>
<u>Individual Moulds of Ice Cream</u>		
<u>Valentine Hearts</u>		
<u>Coffee</u>	<u>Chocolate</u>	<u>Fruit Punch</u>

FEBRUARY DINNER FOR GUESTS

<u>Caviar Canapés</u>		
<u>Clear Tomato Bouillon</u>		
<u>Stuffed Celery</u>		<u>Stuffed Olives</u>
<u>Peanut-Stuffed Roast Goose</u>		
<u>Grapefruit Sauce</u>		
<u>Sweet Potato Croquettes</u>		<u>String Beans</u>
<u>Fried Eggplant</u>		
<u>Fruit Punch</u>		
<u>Jellied Cucumber Salad</u>		
<u>Chocolate Charlotte</u>		
<u>Nuts</u>	<u>Black Coffee</u>	<u>Bonbons</u>

HOME DINNERS FOR FAMILY AND FRIENDS

I

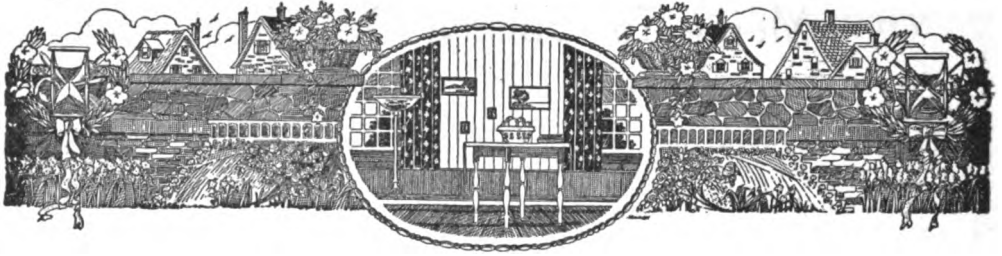
<u>Cream-of-Corn Soup</u>	
<u>Veal Cutlets with Sweet Pickled Apples</u>	
<u>Baked Potatoes</u>	<u>Onions au Gratin</u>
<u>Cress Salad</u>	
<u>Sultana Roll with Raspberry Sauce</u>	
<u>Coffee</u>	

II

<u>Chicken Bouillon</u>	
<u>Planked Steak</u>	<u>Mushroom Sauce</u>
<u>Mashed Potatoes</u>	<u>Stuffed Peppers</u>
<u>Salad of Stoned Dates and Pineapple on Lettuce</u>	
<u>Baked Bananas</u>	<u>Lemon Sauce</u>
<u>Coffee</u>	

III

<u>Oyster Broth</u>	
<u>Roast Guinea Fowl</u>	<u>Bread Stuffing</u>
<u>Giblet Gravy</u>	
<u>Salad of Ripe Olives and Oranges</u>	
<u>Macaroon Ice Cream</u>	
<u>Coffee</u>	



Your Own System First Aid to the Experienced Housewife

By Mary C. T. Barratt

OURS is an average family. A wholesome variety of good food, well-cooked, is the usual thing. Therefore, when I arranged to board eight high school teachers, I expected work, but anticipated no especial trouble.

However, when the teachers had arrived, what I had planned seemed hardly scientific enough for the dignified Miss Everett, and far too simple for the fashionable Miss Rhodes.

Hurriedly, I hunted out a printed set of menus from my favorite magazine. The following month was one frenzied rush, looking up unfamiliar recipes, substituting an available fruit or vegetable for one unobtainable, leftovers piling up amazingly — obliging me to take a day off from the ready-made schedule to use them up.

In early October a fire occurred which necessitated closing the school for several days. With the exception of Miss Everett, the teachers jubilantly departed for their unexpected holiday.

That evening, as we sat by the open fire, I could see stretching ahead of me eight more, anxious, nerve-racking months. Plucking up courage, I told Miss Everett of my difficulties, and hopefully asked if she had any better menus. She laughed a little.

"That's your trouble — too many of other people's plans. To housekeepers of experience, they are of value as guides, and to suggest new thoughts, but are not to be followed blindly. Why ignore your own experience? System is a great

thing, but, in order to be of value to *You*, it must be *Your Own System*."

The next four evenings were busy ones, as, under her direction, I proceeded to begin to form my knowledge and experience into a system.

What I received was fundamental First Aid.

"Keep," said Miss Everett, "these things in mind:

"1. The preferences of those to be served.

"2. The season.

"3. Economy of material.

"4. Economy of time in preparation.

"5. Familiar methods and recipes."

Already I knew the preferences of these teachers. The breakfast was standard — cereal, fruit, toast, coffee. Small portions, a variety, dainty service, appealed to them.

My stock of home-canned fruit and vegetables was large, so I took that into consideration, as well as the fall markets.

I gave 3 and 4 especial attention.

I looked over the recipe books, files, clippings, etc., dear to every housewife's heart (during the Christmas vacation I classified this material, so that it is a continual joy — but *that* is another story.)

Miss Everett continued, "Make a list of fifteen main dinner dishes, meats and substitutes — new and left-overs; a list of vegetables, fruits, salads, desserts, etc. Arrange and rearrange until you get satisfactory dinner menus for a week. Work out your food balance — if necessary — in your lunch menus.

"After your menus are complete—and if you will work it out in this manner for three weeks, you can repeat, with very little change—make a market list and a working schedule."

Butter and cream at all meals. Mayonnaise and lettuce with all salads.

Monday

Lunch: Cream of Celery Soup, Rice with Cheese, Fruit Salad, Muffins, Jam, Milk.

Dinner: Roast Beef, Roast Potatoes, Sliced Tomatoes, Buttered Beets, Bread, Cottage Pudding, Lemon Sauce, Tea.

Tuesday

Lunch: Escalloped Potatoes, Beet Salad, Corn Bread, Apple Sauce, Milk.

Dinner: *Shepherd's Pie, Creamed Carrots, Corn, Rolls, Grapejuice Gelatine with Thin Custard, Tea.

Wednesday

Lunch: *Beef and Vegetable Soup, *Corn Fritters, Apple Salad, Popovers, Honey.

Dinner: Baked Ham, Baked Potatoes, String Beans, Steamed Brown Bread, Tomato Salad, Orange Whip.

Thursday

Lunch: *Creamed Ham, *String-Bean Salad, *Brown Bread Sandwiches, Baked Apples.

Dinner: Baked Beans, *Browned Potatoes, Rutabagas, Baked Pears, Graham Rolls, Lemon Ice, Bran Cookies.

Friday

Lunch: Tomato Soup, Omelet, Creamed

Potatoes, *Pear Salad, Parker House Rolls, Milk.

Dinner: Baked Fish, Mashed Potatoes, Creamed Onions, Asparagus, Graham Bread, Chocolate Pudding, Tea.

Saturday

Lunch: *Fish Chowder, *Potato Puff, *Asparagus Salad, Apple Sauce, Gingerbread, Bread Muffin.

Dinner: Lamb Chops, Baked Potatoes, Baked Squash, Spinach, Rolls, Tea, Orange Soufflé.

Sunday

Dinner: Jellied Chicken, Mashed Potatoes, English Peas, Celery, Tomato Aspic, Raisin Rolls, Coffee, Strawberry Ice Cream, Sponge Cake.

Supper: Waffles, Jam, Sandwiches—Toasted Cheese, Peanut Butter, Chicken; Apple Tapioca.

*Made from food previously cooked, not always "leftovers," but sometimes a double portion was cooked to save labor.

With stored vegetables and fruits, and a large supply of home-canned goods, my marketing system was very simple. When the stock of a staple became low the article was written down *at the time*, to this was added the other supplies needed. The main marketing was done once a week.

As with the marketing, the working schedule is largely an individual matter. It depends so much on equipment. If one is obliged to depend on a coal or wood range, an oil stove of two burners—with a one-burner oven and a fireless cooker—makes a good addition. The oven is quick and sure for the bread and cookies. The fireless makes it possible to get much accomplished early in the day. It also prevents anxiety as to results.

Peace

A soothing stream of sweet content
 Ran through my plains of thought all day,
 Caressing, blessing as it went,
 The banks of deeds upon its way.
 I sought at night to trace its Source,
 Following back its beck and nod,
 Diverting, skirting all its course,
 To find, at last, it came from God.

Harriet H. d'Autremont

Orange Jelly

By Thos. W. Hewlett

WE have made orange jelly by the pint, and we have made it by the ton, and our experience covers a long period of years in a land where oranges are grown in extremely large quantities. This is by way of excuse for our daring to enter what is legitimately the domain of women. Our offering is for the benefit of those women who like to do things themselves, and who may not have had an opportunity to observe and study the subject as we have. Also, because so many women have expressed themselves as being astonished at our being able to make orange jelly at all.

Oranges rank second, perhaps, in the fruits that are grown and marketed in the United States, but are first by a large percentage of all fruits grown anywhere, when it comes to the variety and superiority of uses to which they may be put. Orange jelly — clear as crystal, solid and quivering, with exquisite color and delightful taste — is not the least of these.

There have been a number of recipes printed for the making of orange jelly, but most of them show a sad lack of knowledge on the part of the author, of the chemical composition of the orange, and of the principles of jelly making. Most recipes call for lemons or "bitter oranges." We respectfully suggest that, if you are going to make orange jelly — make orange jelly and eliminate the lemons, both because it isn't necessary and as a measure of economy. And by all means, if you use the so-called "bitter oranges," use only the juice and not too much of that.

Well-ripened oranges do not contain quite enough acid to make jelly economically. That is, in order to enable you to add water enough to develop to the utmost the pectin content of the orange, it is necessary to add a little acid. The amount will depend entirely upon the

quantity of water added. In doing this it is best to use commercial citric or tartaric acid, or the juice only of sour or so-called "bitter oranges."

It is hardly necessary here to go into the subject of pectin, but suffice it to say that oranges are abundantly supplied with this element, and in order to make a perfect jelly it is only necessary to add, in correct proportion, the other four elements, which are, acid, sugar, heat and time. It is the knowledge of how to connect properly the five elements mentioned that makes the successful jelly maker and eliminates the guesswork in jelly making, whether in the home or the factory.

To prepare oranges for jelly, take any number of sweet oranges and grate until entire surface of fruit is white, with an ordinary kitchen grater. Only take off the yellow skin, which is less than a hundredth of an inch thick. The white, outer skin of the orange is valuable in jelly making, since it contains considerable pectin. Next scrape the fruit with a sharp knife to remove any oil left in grating. Then wash oranges in cold water and dry with clean cloth. Cut into fine slices or small pieces with a knife — do not put through meat grinder — and add twice the bulk of water that there is fruit. More or less water may be added, as taste dictates. We have made one pint of jelly from one orange, and we have made one pint of jelly from eight or ten oranges. Both are extremes, of course. Ordinarily three or four medium-sized oranges should develop a pint of jelly.

There can be no set rule in making orange jelly, as to the various requirements. Judgment must play a part. Oranges vary greatly in sugar, acid, juice and pectin content. The addition of acid will have to be determined by the individual. After one or two trials you

can gauge the amount necessary, either by taste or result. Where double the amount of water is used to bulk of fruit, on an average a level teaspoonful of citric acid crystals will be required for each dozen oranges. In using sour oranges for acid, add the juice of one sour orange to each three sweet oranges. However, we remind again that this is an uneconomical method unless you plan to crystallize the sour orange peel or otherwise utilize it.

After placing the fruit in water, add acid and allow to stand several hours or over night. Following this, boil slowly for one hour. Allow to stand for at least six hours and boil again slowly for one hour. Strain through cheesecloth and flannel and place juice in pan for final cooking. Bring to boil and in the meantime, if convenient, having measured out the same amount of sugar that you have juice, heat this in oven, and add slowly to juice after it commences to boil rapidly, endeavoring not to retard boiling.

The amount of sugar to be added to any jelly depends upon the pectin content of the fruit juice and the ratio of acid to it. The art in jellymaking is to use as much sugar as possible consistent with good results. Since, if instructions are carefully followed, in your orange juice there will be ample pectin and a correct ratio of acid, a bulk-for-bulk amount of sugar will be about right. Here also judgment must come into play.

In the final making skim constantly in order to have clear product. If you

are not used to cooking by a thermometer, use the ordinary method of determining when the juice has jelled, and then pour it into hot glasses, immediately. Set glasses in cool water, so that jelly will solidify rapidly, and cover jelly with paraffin. If you use a thermometer bring juice to a temperature of 108 deg. Centigrade or 226 deg. Fahrenheit.

The secret of maintaining a natural orange color in orange jelly is to bring to the jelling point as rapidly as possible after adding sugar to juice. Several things determine how quickly you can do this, but since we are not telling you why, but how, we will not discuss them here, but would caution against trying to make too much jelly in one pan. Only fill utensil in which you finish jelly to one-third of capacity with juice.

Of course, when you boil orange juice you destroy the true orange flavor, but you can come as close to retaining it as is humanly possible by taking proper precautions and following instructions. To those who care to go to the extra trouble, one way in which to retain the orange flavor to a certain extent is, when preparing the fruit, to squeeze out the juice and place in ice box until final boiling, proceeding with the pulp and skin, as mentioned, adding a little extra water to allow for the juice.

After one or two trials orange jelly will be found to be very easy to make, and should be a source of much delight to any housekeeper. Nothing adds so much to a menu as a perfect jelly—and orange jelly, well made, is perfect.

Apple and Elm

The apple spreads wide skirts around,
Squatting homely on the ground,
Glad to take a lazy chap
On her ample mother-lap,
Eager to provide him sweet,
Striped, wholesome fruits to eat.

But the elm, remote and high,
Lays her fingers on the sky,
Strains for stars, and dreams and broods,
Intricate with many moods.
Yet, if you persist to woo,
She may net a star for you.

Carolyn C. Wilson.

A Pinch o' This; a Shake o' That

By Grace P. T. Knudson

PINCHES and shakes, dashes and about-so-muches, in cookery have always been fascinating to me, but elusively exasperating, as well, when in the past I have tried to learn a word-of-mouth recipe from some old New England or southern friend.

At this moment I recall trying to dig up from the depths of ancient culinary wisdom a recipe for putting up the most delicious home-done corn I had ever tasted:

"Yo' take nine little tin cups o' corn —"

"How large a little tin cup?"

"Oh, sho, chile! Jes' a little tin cup 'bout so high" (measuring off two inches of vertical space).

"Then yo' take a han'ful o' salt —"

"What would be about two tablespoonfuls, say?"

"No, no! Jes' a han'ful!"

I gave it up. But when I returned home it took some experimenting before I hit upon the right size of "little tin cup," and gauged the "han'ful o' salt" to reproduce the taste of that corn.

And while this all leads up the fact that I do not, as a rule, advocate cooking without measuring ingredients, it also prefates a statement of conviction that "flavoring to taste" is the only way to attain and maintain the prestige of the Boston baked beans, the New England pumpkin pies, the Baltimore cakes, the Virginia hams, and the innumerable other delicacies left to us, as almost sacred epicurean charges, by our homemaking forebears.

Measure your chief ingredients — measure carefully and stick to your measurements, after you have proved any recipe to be to your family's liking, but do not be afraid to experiment a bit for yourself with flavorings and condiments. This is where pleasure and romance of kitchen and kitchenette and chafing dish lie. Try a "pinch o' this" and a "shake o' that" — mixed, of course, with a

modicum of common sense — and see if the trying does not help to lift some of the burden of cooking, if burden you feel it.

For those who are timid, and need encouragement to join hands with epicurean secrets, here are a few such, which have been whispered to me within my own Colonial, yellow, kitchen walls, and over my own pots and kettles and pans.

Kitchen bouquet — and if you have not a bottle on your shelves, do invest in one at your earliest opportunity. To me it is as much a pantry necessity as pepper, salt and butter. A few drops, or sometimes a half teaspoonful, will brown your gravies better than anything else, and add an exquisitely blended flavor besides. Try a drop or two, at first, then add, by drops, until you get just the taste you like most, but, thereafter, remember the exact amount you have used, so that your second and ultimate trials will taste the same. After you have once established the right amount, to the taste of yourself or your family, hold to it forever. Therein will be hidden the individuality of your cooking, as distinguished from your neighbors. And because of this individuality your neighbor will report: "I don't know how it is, but I never can make my pot-roast taste like Mrs. Blank's." And — why be ashamed to confess? — we like such praise. It lightens one's heart and sometimes one's lot.

Kitchen bouquet is also good in soups, stews, hashes, cocktail sauces. Following in line of usefulness, for the same sort of dishes are Worcestershire, celery salt, ketchup, paprika, bay leaves, mint, poultry dressing, onion extract, tarragon vinegar, and curry. Invest in one or two at a time. Worcestershire will blend with almost anything with a meat foundation; so will celery salt, and bay

leaves. The next time you bake fish try a tablespoonful or two of tomato ketchup in the pan, while baking, and baste frequently. Try a pinch of poultry dressing on pork or lamb chops, while cooking; a sprig of mint, and a small chopped carrot, in green peas, while boiling; a drop of onion extract, or tarragon vinegar, in salad dressing for vegetables; a shake of curry powder in creamed chicken or fricassée of lamb; a dash of paprika in baked macaroni and in mashed potato.

As Americans we seem to have a constitutional dislike for garlic, but — when next you have French fried potatoes, cut your potatoes and leave them to soak, for a time, in salted water, and in a bowl that

has been rubbed with a clove of garlic.

No. You will not hear, "I hate garlic!" but, "Gee! What makes these so good?"

There are people who object to any pronounced flavor of lemon or vanilla extract: Try them half-and-half. The fruit flavors will blend into delightful combinations, and grape juice will be found a decided improvement to fruit salads or cocktails — in the dressings and sauces.

Try some of these suggestions, if you have not already done so, and these may help to launch you into the romantic waters of experimental cookery. May your voyages therein be both pleasurable and productive of gastronomic treasures!

Omelet Insurance

By Lois Clency Bougher

SINCE eggs have joined the things which are usually high, omelets represent something of a luxury, during most of the year, and are more than ever things which must be successful, if made at all. As my family is rather fond of omelets I have experimented a bit, and developed a system of omelet insurance, which has relieved my mind of all worry on that score.

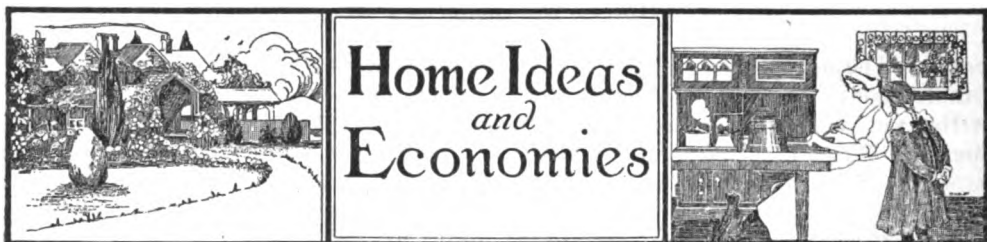
First on my list come the baked vegetable-omelets, which might equally well be termed "winter omelets," because they take so few eggs. They, also, offer a chance to use left-overs to unusually good advantage.

To make a *Potato Omelet* make a white sauce, of two-thirds a cup of milk, and mix with it two-thirds a cup of mashed potatoes and the yolks of two eggs. Fold into this the stiff-beaten whites of the two eggs, season and pour into a one-quart baking dish. Bake in a moderate

oven until firm, about forty minutes.

This omelet is ample for four people, and can always be depended upon to be deliciously feathery. Moreover, it does not toughen, even if it is allowed to become cold. The recipe may be varied by the use of other vegetables than potatoes. Carrots make a particularly nice omelet, and one that is of a very rich color.

Omelet insurance for the other more usual omelet recipes I buy in a baking powder can. A little baking powder, added to an omelet, in about the proportions of one-fourth a teaspoonful to three eggs, will give a tenderness and lightness not easily achieved in any other way. Also, even a folded omelet made in this way will hold up in perfect form, and become neither heavy nor tough during the minutes which it may have to wait for the slow member of the family to reach the table.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates

The Use of Whey

THE careful homekeeper gives little, if any, thought to the high food value of whey.

When making cottage cheese in the home, the whey is thrown away, as of no value, when for a certainty it contains elements which are needed in our daily allowance of provision for subsistence.

Milk is 93.4 per cent water. The solids which constitute the remaining 6.6 per cent are 4.8 per cent milk sugar, .86 of one per cent albumen and casein, .65 of one per cent ash, and only .3 per cent butter fat.

When the milk is curdled and used for cottage cheese the whey thrown away shows that we lose all the elements save the casein or curd.

In making bread, water or milk is used for wetting. That is all very well. However, will the homekeeper stop and think of how often small quantities of milk are allowed to stand, not enough, often thought, to bother with and often thrown away when soured?

These small amounts are valuable, if when soured they are placed in the ice chest and saved until a pint or quart has accumulated. By slowly heating this, quite an amount of casein remains for the cottage cheese — but the whey is thrown away. What use can the homekeeper make of this whey?

Allow one who has had experience to proclaim that not any of this good whey need be thrown away — that it helps to make bread of the finest quality, of the sweetest flavor, as white as the driven snow, and, if once used for wetting the

flour, no more will be thrown away.

This is the process: Pour the cream from two bottles of fresh milk. Put this in the ice chest. Allow the milk to curdle, then place over a slow fire. When the milk coagulates and the whey begins to form, strain through a cheese-cloth bag, allowing it to drain until the whey ceases to drip. Place this casein in the ice chest to be well chilled. When wanted for the table, salt slightly, add the cream and beat well; or this may be a change — when the casein is still warm work into it some sweet, fresh butter, beat with a fork until well blended, form into an oblong ball, let chill, and cut in slices with a hot knife. The remaining whey will give moisture enough for four loaves of bread. Sift two quarts of flour in the mixing bowl, and make an indenture in the flour to hold the whey. Add two tablespoonfuls of sugar, one of lard, two cups of well-mashed potato, and one level teaspoonful of ground ginger; the latter gives a fine flavor to the bread and helps in keeping the sponge warm; add yeast and proceed in the usual way in the method of breadmaking.

Thus every particle of the high food value of the whey is used, the casein, butter fat and other properties. Many satisfied users of whey-butter, which is now on the market, are enthusiastic concerning the healthfulness of it, because in the cheese-making process the heating of the milk leaves the whey cream freer from bacteria.

Years ago the whey from cheese-making was drained into vats outside the factory, the farmers carrying it home to feed to the farm animals. Now in the

first-class cheese factories the whey is drained in vats in the cheese room, kept perfectly clean, allowed to stand until the cream rises, is skimmed and the cream is made into butter. Then the whey is carried away to the farms.

In one of our large universities, where a fine dairy department is established, an experiment has been made as to the keeping qualities of whey-butter, in comparison with that of creamery butter, made directly from the cream of the milk, the result showing that the whey-butter has slightly better keeping qualities, owing, of course, to having less bacteria after the heating process in making the cheese. Farmers were under the impression, when the making of whey-butter was first introduced, that the skimming of the whey impaired its food value for farm animals. Now they have learned that skimmed whey has greater feeding value than whole whey, as it remains sweet longer, and is free from the decomposition of the floating butter fat in the outside whey-vat. Cheaper fats can be fed to farm animals, found in corn, oats and other cereals.

It has been estimated that the loss of butter fat in whey is three-tenths of one per cent. If four thousand pounds of whey is handled in a day, the loss is twelve pounds of butter fat — that would make fifteen pounds of butter worth at least seven (7) dollars, making a loss in one year of two thousand, one hundred dollars. The country at large will gain a substantial profit that would otherwise be lost, as the making of whey-butter puts thousands of pounds of additional butter on the market.

The homekeeper, the farmer, the general public need not despise the careful use of whey. The knowledge of its high food value is worthy of consideration, made possible by the experiments with it in the laboratories of our great universities where dairy interests form one of the many useful courses in the Agricultural Department.

On September 30, 1859, Abraham

Lincoln, who was soon to hold in his hands the destiny of America, gave an address at the Wisconsin State Fair, in which he said, "No other human occupation opens so wide a field for the profitable and agreeable combination of labor with cultivated thought, as agriculture (which, of course, includes dairying). I know nothing so pleasant to the mind as the discovery of anything that is at once new and valuable — nothing that so lightens and sweetens toil as the hopeful pursuit of such discovery. And how vast and how varied a field is agriculture for such discovery!"

This wise saying of our martyred President, seems, like many of his utterances, a prophecy, when the vast improvements in the manufacture of dairy products are considered. .

It is not long ago when the whey-cream, so valuable now in butter-making, was boiled until thickened (taken, too, from the exposed outside whey vat), and used to grease the cheese while curing, to soften the outside of the cheese, but mainly to fill the cracks where the flies often deposited their eggs, forming the "skippers," which made havoc with the interior of the cheese, and, hence, its quality. Now the method employed is to dip the cheese into heated paraffin — carloads are used in the large factories.

Whey-butter market reports are now given in the dairy publications. There is, no doubt, a large market awaiting so valuable a product. The homekeepers will, no doubt, soon be learning how delicious is whey-butter, and especially so when it is spread on the bread made from whey! Don't throw it away!

K. S. S.

* * *

Meat Rolls

BUY a cut of round steak, and have the butcher cut it as thin as possible, also get a piece of beef suet with it.

Cut into pieces about 4 by 6 inches. Sprinkle each piece with pepper and salt. Cut the suet into strips 4 inches long, and

as thick as your finger. Lay a piece of suet on each strip of meat, also a generous supply of fine-chopped onions, roll up and tie each piece secure with thread (white darning cotton preferred), sprinkle with salt and pepper and roll in flour. Have fat (I use bacon drippings or suet) in saucepan hot, put in the meat rolls and have them well browned all over. Then turn flame low, cover saucepan and let simmer for one hour and one-half. After a half hour (sooner if necessary), add about one cup of boiling water for gravy. Cut and remove strings before serving.

Use only round steak. Flank steak or beef tenderloin have been tried, but were not satisfactory.

This greatly excels in taste, beef stew.

M. H. W.

* * *

Watch the Gas Burner

HOUSEWIVES, who are economical in all other ways, may be careless in food wastage, because of its burning or scorching. This usually comes from lack of care in the matter of adjusting the valve of the gas burner. They will place the kettle or frying pan on the burner and turn the valve around to the full. This causes the gas to flare and burn with a yellow flame, and scorching is often the result. Besides the food wastage, the open valve causes gas wastage, for the gas burning with a yellow flame whirls the meter with a mighty whirl, which is unnecessary, and, oftentimes, is ruinous to food.

The fact of the matter is that the blue flame of the gas is far preferable to the yellow in cooking. The blue gives a steady heat, and does the work more satisfactorily than the yellow. It is well known, that water, brought to the boiling point, will continue to boil with the heat under the vessel much reduced. So it is with foods cooked in other ways — get it hot, then reduce the heat, and save the meter from whirling.

Then, too, the placing of the vessel on the burner is worthy of more attention than it receives usually. A haphazard

setting of the vessel often places it to one side of the burner with the result that the meter registers without avail, the heat traveling upwards into thin air, without doing service under the kettle.

N. L. C.

* * *

Our Friend the Egg Beater

FOR how many things, besides beating eggs, do you use an egg beater? I have just used one to make neglected tapioca, that had hardened on the bottom of the double boiler, mix evenly with the fluid in which it was cooking.

A few turns of the egg beater in cooking cocoa will change the "scum" into whipped cream, and make it pleasanter to serve. If batter for griddle cakes is lumpy, through haste or inaccuracy of measurement, a little beating with the egg beater will make it a smooth mass again. Try it on gravy, which does not look quite smooth, and for the boiled custard that has cooked just too long. It is the salvation of many a white sauce put together too rapidly, or left to cook without stirring.

If cottage cheese is a trifle hard, add cream, and if you wish to increase the quantity, the white of an egg; the egg beater will do the rest, and there will be compliments for the cook. Oil may be added more rapidly to mayonnaise, if the beating be done at high speed by the little instrument, instead of with a fork. Chocolate pudding, in which the chocolate obstinately remains in flakes instead of becoming brown and inviting, can be brought to terms with an egg beater, while it is still in the double boiler.

In our kitchen the slogan is not, "let George do it," but "do it with the egg beater."

A. B. S.

* * *

Uses of Steel Wool

STEEL wool has been on the market for some time, but I still find many women who haven't found out about its usefulness.

I have heard so many cooks say they liked scalloped potatoes or baked pudding, but they hate to wash the pans. Take a little steel wool and make the task easy.

Steel wool is a fine thing to scour with. With it I clean the sink. It will clean pails or pans, or anything that is in bad shape.

Tumbler over Onions

Raw onions or Bermuda onions are often on our table. We eat more of them raw than cooked. There is seldom a meal without some pieces left over. These, left in a dish, soon dry out. Besides this, they give off a pretty strong odor, that annoys some people.

I find that inverting a tumbler over the dish with the pieces in it will keep them for a long time and prevent any smell.

No Blisters in Pie Crusts

I have found that a smooth pie crust is much easier to get, if I make the dough and, after rolling, fit it over the bottom of the pie pan and bake it there. That leaves a smooth inside to the crust. Then I put it inside the pan and fill with whatever I am baking.

When I make a chocolate or banana pie, I find that sprinkling a little sugar over the beaten whites of eggs just before the pie goes in the oven will cause it to brown more quickly.

Removing Cakes from Tins without Sticking

As soon as the cake is done take out of oven and turn it upside down. Place a cold, wet cloth over the bottom and let it steam for a few minutes. Then run a knife around the edge of the pan and the cake will come out easily.

Box of Corks

I have had a box of assorted sizes of corks in the house for a couple of years. One can buy these boxes now at most 10-cent stores. I think they are a mighty fine investment.

So many times I spoil a cork in getting it out of a bottle and yet want a cork for

it. Go to my cork box. If I have an extra cork around from a used bottle, I put it in this cork box after it is cleaned.

The cork saves wadding up a piece of paper and sticking it in the bottle's mouth.

A good kitchen motto might be, "Everything in its place and every cork in its box." E. R.

* * *

Sundry Suggestions

TO Whip Cream: If your cream is cold, but will not whip, add about five drops of glycerine to a pint of cream, and it will soon become stiff. A few drops of glycerine in chocolate used for dipping bonbons will give them the desired gloss, and they will harden more quickly.

To Mark Dishes: I have found the easiest way to mark dishes when taking them to a church dinner, or to loan, is to cut tiny strips of adhesive tape and put on the underneath side. They do not wash off and are easily removed when returned. If others try it, put your initials on the tape in India ink and you may still be safe.

Centerpiece: Have you ever seen a small, glossy leafed plant that made a beautiful foliage plant for the table and grew in a short time? You may have such a pretty plant by planting a few grapefruit seeds in a flower pot.

Shoe Rack: Nail a strip of wood, an inch square by any desired length, to the top of the baseboard in your closet and you can hang your shoes by the heels over this. You will be surprised how much cleaner they stay than if thrown around on the floor. Shoetrees should be used.

Bias Binding: To make bias binding to match any garment, take the binder from the sewing machine and press the material with a hot iron as you pull your evenly cut strips through this. I have made eight or ten yards in less than five minutes. A neater piece of work may be done, especially on a curved edge or where there are corners. G. H. S.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. **AMERICAN COOKERY**, 221 Columbus Ave., Boston, Mass.

QUERY No. 4264. — "Will you please print a recipe for New York Ice Cream?"

A SUBSCRIBER has very kindly sent us an answer to this inquiry, received some time ago, which we could then answer only generally, under the name American Ice Cream.

New York Ice Cream

Make a soft custard of two cups of milk, one cup of sugar, the beaten yolks of seven eggs, and a pinch of salt. Remove from fire, and add one tablespoonful of gelatine, melted in a little warm water, after hydrating in cold water. Allow the mixture to cool; strain, and add one tablespoonful, each, of extract of vanilla and of lemon. Whip three cups of cream; add this to the custard mixture, and freeze. The quantities given will serve eight persons.

QUERY No. 4265. — "Will you please give me a recipe for Spiced Tea? I was served with some at an afternoon tea, lately, and wish to know how it was made."

Spiced Tea

There are doubtless many ways of making spiced tea, and we are sure that different hostesses use a different variety of spices. The recipe we give may be varied to taste. Make a syrup of one cup and one half of sugar and one cup of water. As soon as the sugar is dissolved, add to the saucepan a cheesecloth bag containing a tablespoonful of cloves and

a stick of cinnamon, the cloves bruised with a mallet, and the cinnamon crushed. Other spices, such as whole mace, allspice berries, ginger root, may also be used. Allow the spices to boil in the syrup until the flavor is sufficiently strong, then remove, and continue to boil the syrup until it reaches a temperature of 215 deg. Fah., or a small thread is formed. This syrup is served in a fancy bowl, sometimes of colored glass, with a small, deep-bowled spoon, and used instead of sugar to sweeten the tea. Lemon juice is sometimes added to the syrup, or sliced lemon may be served with it.

QUERY No. 4266. — "Will you give me a recipe for making a Punch of tea, oranges, and lemons, sufficient to serve twenty persons? Do you think ginger ale would improve such a punch? I should, also, like a recipe for Prune Soufflé where only the whites of two eggs are used."

Tea Fruit Punch

Pour a cup of boiling water on half a cup of dry tea, preferably Indian, and infuse for ten minutes. Strain, press the liquid from the leaves, and sweeten with one cup of sugar. Add three-fourths a cup of lemon juice and one cup and one-half of orange juice. Let the whole stand for twenty minutes; strain, and add one quart of ice water. This quantity, allowing one-half a pint for each serving, should suffice for seven persons. To multiply it by three should give a quantity ample for serving twenty guests. Also,

a full half-pint is often served for an individual portion. Sometimes a quart of some sparkling water is added to the above mixture; you might try the effect of adding ginger ale.

Prune Soufflé

Let soak overnight half a pound of prunes in cold water; in the morning cook, sift through a colander, and sweeten with half a cup of sugar. Beat very stiff the whites of two eggs, and into them gradually beat the prune pulp, beating from the bottom up with a spoon-shaped wire beater. Pour into a greased pudding-dish, and bake twenty to thirty minutes with gradually increasing heat. Serve with a custard made of the yolks of the eggs. This soufflé will not puff up so much as if twice the amount of beaten whites were used.

QUERY No. 4267. — "I should be grateful for information as to why the Meringue on my pies sometimes develops little spots of wet all over it some hours after taking from the oven. This spoils the look of the pie. Also will you give me a recipe for Scotch Shortbread? Another thing that puzzles me is why my Caramel Frosting is always too soft, and does not set like either the white or the chocolate frosting."

To Keep Meringue from Watering

When the meringue is taken from the oven, it should be allowed to stand in a warm, dry place until cold. If put into the refrigerator or into a cool cellar, its moisture will be likely to be condensed, and this may account for the "little spots of wet" you find so unsightly on the brown surface. When a meringue is found watery underneath, this proceeds from a different reason: Either it has been allowed to stand too long; or the mixing has not been properly done. In making meringue it is best to beat the whites of the eggs on a platter, until they pile up so that the platter can be inverted quickly — but not a stroke longer. Then add the sugar by degrees, and beat from the bottom, beating upwards, and continue to beat until the texture is fine-grained.

Scotch Shortbread

Weigh two pounds of bread flour, one pound of butter, and half a pound of sugar. Sift the flour, and set the pan into the oven until it is all slightly warm, using a spoon to stir and expose it all to the heat. Cream the butter until it is a creamy white color and will "horn" or keep its shape when lifted by the spoon into surface projections. Then add the sugar, by degrees, beating until the whole is incorporated. Now, using the hands, mix the creamed butter and sugar with the warmed flour, squeezing, kneading, until the ingredients are mixed. The longer this kneading process is continued the shorter the bread will be. Lay the dough on a moulding board, very lightly floured (the addition of extra flour will toughen the cakes), and press out with the palms of the hands into a sheet not more than half an inch thick. Do not use a rolling pin, for this will toughen. Heat a sharp knife, and quickly cut the dough into squares, oblongs, or triangles. Bake in a moderate oven until the bread is a good yellowish brown, uniform in tint, and crisp throughout. This recipe comes from Aberdeen.

To Harden Caramel Frosting

In cooking the syrup for caramel frosting, if you wish it to harden quickly, it should be allowed to boil to the hard-ball stage, or 248 deg. Fah. instead of 238 deg. Fah. Many persons find the slow solidifying of caramel frosting a convenience for use with one of the rich cakes, suitable for long keeping. We have at present a small honey cake with a caramel icing, made on August 3 of the year 1921, the icing (which was inconveniently runny at first, needing a paper circle round the cake to keep in place), has been just right for the last two or three weeks, and has not seemed to grow any harder during that time.

QUERY No. 4268. — "Will you print in your magazine the correct way to Arrange the Silver for individual covers at luncheon and dinner?"

Correct Arrangement of Silver at Luncheon and Dinner Tables

The general rule is that all the knives go at the right, also all the spoons, and the small oyster fork. All other forks go at the left of the plate. It is thought best form to place no more silver than enough for, at most, four courses, on first setting the cover, and if more should be needed, it is brought on with the course for which it is to be used. If impossible to bring it at the same time, it is brought, preferably, after, rather than before, the serving of the course. Or if there are two waitresses, one serves the course, the other immediately places the silver for it. At a dinner of but few courses, the silver for the sweet course may be placed at the cover when setting the table, but set in front of the plate, rather than at the side. The objection to placing it at the side is that it interferes with removing crumbs from the table before the serving of the sweet course. Where there are more than four courses it is better to place the silver for the sweet course at the time this is served. The silver at each side of the cover is placed in the order in which it is to be used, beginning at the outside. Thus, the oyster fork will be at the extreme outside at the right; then the soup spoon; then the fish knife; and nearest to the plate, the knife for the roast. At the left there will be found on the outside the fork for the fish; next, that for the roast; and nearest to the plate, the fork for the salad. At a luncheon, the silver may be arranged so that the handle ends go in a slanting direction from the table edge; or they may be alternated, the end of one an inch from the edge; that of the next, two inches; the next one inch again, and so on. But for a dinner it is thought more correct to retain the severe arrangement of all articles for each cover in a line, and one inch from the table edge.

QUERY No. 4269. — "May I, please, have the following recipes: Filet of Veal; Galantine of

Veal with aspic jelly; Fricassée of Veal Steak; and Tenderloin of Beef Cutlets with Tomato Sauce?"

Filet of Veal

The filet is the thick, upper part of the leg of veal. It may be said to correspond to the thickest part of the round of beef, since it is the part of the leg of veal nearest to the loin. It is usually roasted, and ought to be frequently basted to keep it from drying out. Allow from fifteen to twenty minutes to a pound after the meat begins to sizzle, and serve with any appropriate vegetables and sauce.

Galantine of Veal

A galantine means a jelly, it is meat cooked in such a way that it produces a jelly, which binds it together, hence, there should be no need to add a jelly to the dish, unless in the form of a masking sauce. To make a galantine of veal, a breast of veal is generally used. This is carefully boned, then laid, skin-side down, on a board, and beaten with a wooden mallet or rolling pin, to make it flexible. Spread over it the following forcemeat: Put one pound, each, of ham and veal through the fine meat chopper; mix with the crumbs from half a stale loaf, moistened with equal parts of milk and stock, seasoned with one tablespoonful of made mustard, two teaspoonfuls of salt, one teaspoonful of pepper, one tablespoonful, each, of chopped parsley and of mixed, dried herbs, one teaspoonful of anchovy paste, and a little cayenne. Mix well, bind the whole with two to three beaten eggs, and if the ham is not fat, add half a cup of melted butter. Slices of hard-boiled eggs, truffles, etc., may be added, here and there, after the mixture has been spread over the veal. Roll like a jelly roll, and fasten with strips of muslin, bound over sides and ends, and sewed in place. Boil or steam the whole for three or four hours; remove the muslin strips, cover with a clean cloth, dipped in cold water, arranging it as free from wrinkles as possible; invert a suitable pan or mould over the galantine, weight it with



A barbarian husband

discovered, ages ago, how to start a fire, and at once he commanded his wife to keep this home fire burning. From that day to this, woman has always been the fire-watcher. Even today in kitchens the world over, except where there is a "Lorain", woman watches the fire—lest it burn the food she is cooking for her husband and family.

Knows Her Cooking Will Be a Success

But how different in every kitchen where there is a "Lorain". There the housewife puts food into the oven and needs never look at it again until it is delightfully done and ready to serve. No fire-watching, no oven-slavery, no guessing, no worrying, no "unlucky days", no cooking failures. For "Lorain" controls all oven heats and controls them exactly; and whether the oven contains bread or cake—or even an entire meal of vegetables, meat and dessert at one time—the housewife knows beforehand just when it will be done, and that it will be done perfectly. She never has to look.

Makes Good Cooks Better, All Cooks Happier

"Lorain" makes cooking delightful and sure, banishes all thought of drudgery, gives the family better food at less trouble to cook it, and makes good cooks better and all cooks happier.

Wonderful, simple, accurate, reliable—that's "Lorain". We want you to know all about it. Write for the interesting booklet, "*An Easier Day's Work*".

AMERICAN STOVE COMPANY, 142 Chouteau Avenue, St. Louis, Mo.
Largest Makers of Gas Ranges in the World

We manufacture oil and coal stoves for use where gas is not available, but the "Lorain" cannot be used on these.
Only these six famous gas ranges are equipped with the "Lorain"

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NEW PROCESS—
New Process Stove Company, Div.
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QUICK MEAL—
Quick Meal Stove Company, Div.
St. Louis, Mo.

RELIABLE—
Reliable Stove Company, Div.
Cleveland, Ohio

[1922]

LORAIN

OVEN HEAT REGULATOR

bricks, and allow to stand for twenty-four hours or until cold. Brush over with a white sauce stiffened with gelatine; decorate with rings of white of egg, cucumber, bits of truffles, of red and green peppers, parsley, etc.

Fricassée of Veal Steak

Brown the steak over a hot fire until a rich brown on the outside; cut into pieces, and let stew in water or stock to cover, seasoned with onion if desired, until the meat is tender. Thicken the liquid with flour to the consistency of a thin or medium sauce; that is, using either one or two tablespoonfuls of flour to each cup of the liquid. Sometimes only part of the meat is browned; sometimes the browning is done after it is first cooked, but correctly speaking a fricassée is a stew of browned meat.

Tenderloin of Beef Cutlets with Tomato Sauce

Cut the tenderloin into crosswise slices three-quarters to one inch thick, and broil. Serve with sifted tomato, cooked with thickening of flour, also butter and seasonings, in the proportion for a thin white sauce.

QUERY NO. 4270. — "I should like to have a recipe for Mock Angel Cake."

Mock Angel Cake

Sift together, six times, one cup of pastry flour, one cup of fine granulated sugar, three teaspoonfuls and one-half of baking powder, and one-fourth a teaspoonful of salt. Add one cup of warm milk and stir to make a smooth batter. The milk should be reasonably hot, but not hot enough to cause lumps in the mixture, and the dry ingredients should be added all at once, and quickly stirred, then beaten with a large Dover beater until the whole is smooth. Add one teaspoonful of flavoring extract, and fold in the stiff-beaten whites of two eggs. Bake in a tube cake pan, first greased, and then floured.

The Silver Lining

But—

Maggie is such a charming girl,
She just does make a man's heart whirl,
She can bake and she can brew,
And make a first-class Irish stew;
She fights dirt most anywhere,
But throws the dish-wiper on a much-used chair.

Molly is a sweet, young bride,
In her home she takes great pride,
Keeps it shining all the time,
Counts bad housekeeping a crime,
But over her shoulder the dish-wiper throws,
As gaily about her work she goes.

Peggy is a driving sort of maid,
Who loves upon dirt to make a raid,
She sweeps and dusts, scrubs and scours,
But alas! her dish-cloth often sours;
Beneath the sink, on a nail, is its place,
Where of sun or fresh air there comes no trace.

Efficient Martha, over stout,
Careful and thorough without doubt,
Full of ambition and tireless vim;
Though nursing many a notion and whim,
Yet carries the dish-wiper under her arm,
Which maybe does no one any harm,
But—

Aunt Joyful.

Manager (to applicant for office boy vacancy): "Aren't you the boy who applied for this position a fortnight ago?"

Boy: "Yes, sir."

Manager: "And didn't I say I wanted an older boy?"

Boy: "Yes, sir. That's why I'm here now!" — *London Evening News.*

The other day Roger W. Babson, the statistician, sent out to his customers a leaflet entitled, "Essentials of Business Success." They consisted entirely of the Ten Commandments plus the "New Commandment" given by Jesus. Among the letters of acknowledgment that poured in from all parts of the country was one from a Western business man whose enthusiasm could hardly be restrained. "I have never seen," he wrote, "such a fine statement of the essentials for success. Where did you get it?"

The Congregationalist.

Staple as Gold



ROYAL BAKING POWDER is made from pure cream of tartar, which is derived from grapes. It perfectly leavens the food, making it appetizing, delicious and healthful, and its superiority in all the qualities that make the perfect baking powder is never questioned.

*Royal Contains No Alum —
Leaves No Bitter Taste*

Royal Baking Powder Company, New York

A bishop was waited upon with a complaint that one of his clergymen in the diocese was wearing the hood of an Oxford Master of Arts when he had not taken that degree, and had, therefore, no right to the distinction. As the gentleman who made the complaint waxed eloquent on the subject, he exclaimed dramatically, "That, my lord, is what I call wearing a lie on his back." "I don't think we need quite such strong language as that," said the bishop, in his most soothing voice. "I think we shall meet the exigencies of the case if we call it simply a false hood."

A friend sends this true story to *The Register*: In the farming section of our town lived, some years ago, a rather simple-minded old man named Hitchcock. Some rumors had arisen against the local minister's character. Old Hitchcock, much disturbed, went to a neighbor in whose judgment he had confidence, to inquire into the truth of these rumors.

The neighbor assured him there was no truth in them, and said the minister was all right. "Well," said Hitchcock, "perhaps he's seen the error of his ways. I suppose ministers is liable to mistakes, the same as human beings."

They were holding a vacation argument. "Yes," he said, "Dr. Sawyer tells me a separate vacation is the best thing for married folks. Here we are, married nearly twenty years, and always together. Think what a change it would be for both of us to get away alone — to see nothing but new scenes, nothing but new faces." "William," she said, "I consent. I'll go off on my vacation by myself and you take with you on yours the six children that I haven't had out of my sight for ten years." William said, "Humph!"

Philadelphia Record.

Mother: "I've tried so hard to make you a good child, Margaret, and yet in spite of all my efforts you are still rude and naughty."

Margaret (deeply moved): "What a failure you are, mother."

London Telegraph.

Beating Father to It

"What did your little ones say when you told them there is no Santa Claus?"

"They asked me if I was just finding it out." — *Washington Star.*

A story is told by a Brigadier-General of the Civil War and now hailing from New York, apropos the hospitality of Boston: A clergyman, a temperance lecturer, was in Boston on a December day. He was walking along the Beacon Street Mall, when he slipped on the ice, and saved himself by sitting on one of the benches there. Recovering his breath, he started again and slipped again, and sat down again upon the bench. A little girl came along and said, "Lean on my shoulders and I'll help you!" "But, my child," said he, "you are not strong enough to help me!" "Oh, yes, I am," said she. "I've helped father many a time when he was drunker than you are!"

"Holds Like Daddy's"

Not only that, but it is made with the same care and of the same quality as Daddy's.

ACTUAL SIZE

The Baby Midget Velvet Grip Hose Supporter

Has taken the place of all makeshifts ever known for holding up baby's tiny socks—equipped with that exclusive feature found only on Velvet Grip garters for "grown-ups"—namely the

All-Rubber Oblong Button

Sold everywhere or sent postpaid

List 12 cents Silk 18 cents

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Makers of the famous Boston Garter for Men

SUN SWEET



CALIFORNIA'S
NATURE-
FLAVORED

"Come into my kitchen"

How I wish we could have a real "chummy" visit together here in my Sunsweet kitchen! I'd show you prune-and-apricot possibilities you have never dreamed of. I'd tell you of delicious discoveries that I've made here in my sun-swept kitchen.

Soufflés, whips, charlotte russes, meringues, Bavarian creams without number have I made from Sun-sweet Prunes and Apricots. Puddings and parfaits and punches, too! To say nothing of pies and cobblers, tarts and cakes and dumplings! In all my domestic science experience I have never found two fruit-foods that were so "usable"—that fitted in so well with the simplest meal or the most formal dinner—as prunes and apricots. So who can blame me for being so enthusiastic about them?

Belle DeGraf

Free! Our new Recipe Packet—"Sunsweet Surprises for 1922"—edited and tested by Mrs. Belle DeGraf, our Domestic Science Director, will be sent free to any reader of this magazine. California Prune & Apricot Growers Inc., 296 Market St., San Jose, California.

PRUNES &
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"Choisa" Orange Pekoe Ceylon Tea

Pre-War Prices

1-lb. Cartons, 60 cents

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BROOKLINE



Beautiful RECIPE BOOK FREE

Illustrated in colors. Contains a variety of choice tested recipes.

Many original dishes, all prepared for use with Campfire Marshmallows.

FREE Copy. Address
Department A
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Campfire
WHITE
Marshmallows

The big
6 oz.
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Northcliffe on Prohibition

VISCOUNT NORTHCLIFFE, who controls a number of newspapers in England, recently passed through America on a trip around the world.

While in our midst he made up his mind about Prohibition. In his opinion it is a failure, in which conclusion he agrees with Mr. Arbuckle.

His reasons seem to be that he saw plenty of liquor everywhere he was entertained; that Prohibition encourages hypocrisy in the vision of the law, and that he did not like it anyhow.

It is regrettable that a newspaper man, who ought to be able to estimate public sentiment and see beneath the surface, should have come to such a superficial conclusion.

Curiously enough, a Frenchman, Louis Forest, seems to have the vision to perceive the gist of the matter. The universal custom of drinking in France does not seem to have destroyed French intelligence. Forest says:

"Whatever you may say of it, Prohibition is the proof of the vitality of a people. Always the great nations of Europe are those who have been able to make great sacrifices for general health. So the dry Americans may say to us, 'Have your little joke, but they laugh best who laugh last.'"

Of course, Prohibition does not stop the surreptitious gin parties where young men are driven to madness and young women to ruin.

Neither does it stop the wilful rich, who value their own pleasure above the welfare of the community, from stocking their cellars with alcoholic goods. Nor does it quiet the curses of the disgusted hobo who misses his saloon, nor the elegant cynicism of the literary gentlemen who suspect anything that is moral of being bourgeois.

It will probably take a generation or so to get the alcoholic poison out of our blood, and alcoholic reasoning out of our minds.

But America has taken its stand and will stick to it.

It will repeal Prohibition on about the

Ripe Olives Provide *Twice as Many Calories as Boiled Potatoes*

RIPE OLIVES, with their protein, fat and carbohydrate content and their fuel value of 958 calories to the pound, perform a beneficial service as a food.

In protein, with 2 per cent, they nearly equal boiled rice and boiled potatoes, while their 21 per cent of fat or oil provides nourishment which many staples lack.

So it is in fuel value — they contain more than 75 per cent as many calories to the pound as bread, nearly twice as many as boiled rice and over double the amount in boiled potatoes.

In addition, these nutritive elements are in a form that is easily digested and readily as-

simulated, which makes them particularly valuable.

Ripe Olives are a splendid source of muscular energy. They are a valuable supplement to other foods.

California Ripe Olives, packed by the members of the California Olive Association, are fully ripened on the trees. They are matured as Nature intends them to be and in this state provide the valuable nourishment in the largest quantity.

They are processed by the most advanced methods and sterilized at a temperature of 240 degrees Fahrenheit for forty minutes.

California Ripe Olives are a delicious, nourishing and wholesome food.

California Olive Association

Los Angeles, California

PACKER MEMBERS:

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Golden State Canneries

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(Sylmar Grove)
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When Company Comes!

WHAT MORE DELIGHTFUL DISH for a supper or luncheon than Crab Meat Salad! Made with Cox's Gelatine, it is especially delicious and easily prepared. This recipe serves six to eight people.

CRAB MEAT SALAD.

Salmon or tuna fish may be used in place of crab meat.

1 envelope COX'S GELATINE, 3 tablespoons cold water, 1 large can crab meat, 2 yolks of eggs, 1 teaspoon salt, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon paprika, 2 tablespoons melted butter, $\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk, 2 tablespoons vinegar. Lettuce leaves.

Turn out crab meat an hour before using. Shred with silver fork. Mix Gelatine with water. In upper pan of double boiler mix eggs, seasonings, butter, milk and vinegar. Cook until it begins to thicken. Take from fire, add Gelatine. When dissolved add fish. Pour into wet mold. Let stand overnight. Serve garnished with lettuce.

Or divide mixture into individual molds. Turn out into nests of lettuce leaves and serve garnished with sliced pimolas, celery tips, finely chopped green peppers.

Cox's Gelatine is pure, unsweetened and unflavored. Use it for jellies, salads, desserts of all kinds, candies and savorys. Ask for Cox's Gelatine—in the checker-board box, at your grocer's. Write for free copy of Cox's Gelatine Recipes.

THE COX GELATINE CO.

Dept. D 100 Hudson Street, New York

Cox's
Instant Powdered
GELATINE

same day that it repeals the Emancipation Proclamation, takes the vote away from the women, prohibits workingmen from forming unions, repeals the Declaration of Independence and requests to be reunited with the British Empire.

DR. FRANK CRANE in *Current Opinion*.

"The bluff, cheery optimism of the late Senator Frye," said a Lewiston divine, "could not brook a whiner. Once at a dinner here in Lewiston, a whiner seated opposite Senator Frye said, dolefully, 'I have only one friend on earth — my dog.' 'Why don't you get another dog?' said Senator Frye." — *Boston Herald*.

Four-year-old to her favorite doll, the loss of whose arm exposes the sawdust: "Oh, you dear, good, obedient dolly! I know I told you to chew your food fine, but I had no idea you would chew it as fine as that." — *London Post*.

In the Days of Harrigan and Hart

Here is an amusing dialogue from James L. Ford's "Forty-Odd Years in the Literary Shop," bearing on Harrigan and Hart, a theatrical team who made a tremendous "hit" in their day. A man came to the office of the theater in New York in which they were playing. Harrigan's father was dispensing the pasteboards.

"Have you got any seats?"

"Yes, we've got nine hundred of them."

"Are they good seats?"

"They're covered with raw silk."

"Can I get two for tonight?"

"If you've got the price."

"Are these the seats for tonight?"

"No, those are the tickets. The seats are inside."

"Will they be there when I come?"

"Well, they're screwed to the floor."

The Red Terror

Farmer (seeing red flag over an open manhole): "By crackie! They can't stop Anarchists from holdin' underground meetin's."

ART YOUNG in *Good Morning*.



COCONUT COOKIES

Cream three-quarters cup granulated sugar, one-half cup butter, and one-quarter teaspoonful salt together; add two well beaten eggs and one-half can coconut. (If the blue-can coconut is used, thoroughly press out the coconut milk before using.) Sift one and one-half cups flour with one and one-half teaspoonfuls baking powder and add mixture. Dust bake board with flour, roll out quite thin (one-eighth inch) — cut with cruller cutter. Brush top with well beaten egg and sprinkle with balance of coconut. Bake in hot oven ten to twelve minutes.

COCONUT FUDGE

Put two cups sugar, one-half square chocolate, one cup coconut milk or milk and pinch of salt in pan, boil until a small quantity, when dropped in cold water, forms a soft ball. Just before taking from fire add one tablespoonful butter and one teaspoonful vanilla. Remove from fire and beat until creamy. Add one can BAKER'S Coconut — Continue beating until thick, pour into buttered tin and cut into squares before it hardens.

COCONUT CREAM PIE

(Meringue)

Add beaten yolks of two eggs, one-half cup sugar, a pinch of salt and two level tablespoonfuls of cornstarch to one large cup of coconut milk or milk. Place over slow fire and stir until thick. Add about two-thirds cup of the coconut and one-half teaspoonful vanilla. If the blue can coconut is used thoroughly press out the coconut milk. Pour into baked crust and cover with stiffly beaten whites of two eggs to which two or three tablespoonfuls of powdered or granulated sugar have been added. Sprinkle one-third cup of coconut on top and brown quickly in oven.

"Come back with those coconut cookies!"

THE kiddies and the grown-ups too, will relish these home-made coconut cookies and candies. They are easy to make and are doubly wholesome and delicious when you make them yourself.

But be sure you make them of Baker's Coconut — preferably the canned coconut. It's the only ready-to-use coconut in which the natural moisture is retained. That's why it's so full of flavor — such a wholesome food.

THE FRANKLIN BAKER COMPANY, Philadelphia, Pa.



BAKER'S COCONUT

3 kinds

Canned-In-its-own-milk coconut in the blue can. The pure, fresh meat of selected nuts sealed up in the natural coconut milk.

Moist, sweetened coconut in the yellow can. Without the milk but still moist with its natural juices. Sweetened with pure cane sugar.

Dry Shred Coconut in the blue cardboard container. Prepared especially for those who prefer the old-fashioned, sugar-cured kind.



Good Morning—

Good any time, too, for little folks or grown-ups. There's real strength and sustaining food value in

Malt Breakfast Food

It combines the healthful, nutritive properties of wheat and barley malt in delightfully appetizing form. Make it **your** morning cereal—you'll like it.

At Grocers,—in the blue and yellow package with the little Dutch girl on it.

THE MALTED CEREALS CO.
Burlington, Vt.




BROIL
and **SAVE the JUICES**
Duplex Dripless Smokeless Broiler

Broiling

is the proper way to get full value from Steaks, Chops, Fowl, Bacon, Ham, etc.

Don't Fry—BROIL

THE products of the fry pan are a source of indigestion, with which most people are troubled. The **DUPLEX DRIPLESS BROILER** positively overcomes this.

Heretofore, there has been no convenient cooking utensil for broiling without wasting the juices and smoking and greasing the stove. The **DUPLEX DRIPLESS BROILER** will broil perfectly over any fire without one particle of the juice being wasted, or causing smoke, or soiling the stove.

The **DUPLEX DRIPLESS BROILER** operates with a very low fire, the heat being drawn up and around the steak, chops, etc., by action of the heat current around the tubular channels running to the main trough.

The **DUPLEX DRIPLESS BROILER** is a modern convenience for economical and scientific cooking, and a necessity in the kitchen. Made of cast aluminum and nicely finished. If you cannot buy this Broiler from your dealer, send us his name and \$3.50 and we will send one, postpaid.

Satisfaction guaranteed or money refunded
DUNDEE MFG. CO., Inc., 19 Edinboro St., BOSTON
Established 1883

Ripe Olives

The safety of ripe olives is now absolutely assured. For the past twenty years this delicious food product has held a high position among canned goods because of the exceedingly low percentage of impurities.

Ripe olives are regarded, now, as they were in the past, as one of the most healthful of delicious foods. The rigid packing restrictions imposed upon every producer of ripe olives and the demand of maintenance of high quality and sanitary handling in their products, place this food among the very safest of canned goods that it is possible to buy.

In California the commercially prepared olives are all of the ripe variety. Green olives are imported from Spain where olives cannot fully mature because of an insect, which often injures them before they are ripe.

Considerable care is exercised in picking the fruit.

Upon arriving at the factory the fruit is weighed and then graded for size. Some packers assort their fruit at this stage for color, as a uniform condition of the fruit renders the processing more expeditious.

The olives are then subjected to a chemical process which results in a uniform color being obtained.

This process also relieves the olives of the bitter properties natural to the fruit at the time of picking.

The state of California is very advanced in its health regulations, and, by the aid of its great university, it has discovered methods of canning, which render food absolutely wholesome.

In the case of olives, it was found that if the sealed cans and their contents were placed in retorts and heated by high pressure steam to a temperature of 240 degrees Fahrenheit for forty minutes, the fruit would positively be sterile and wholesome. All olives are now prepared under these conditions. The California State Board of Health declares it impossible for spoilage to appear in ripe olives, sterilized at the temperature which is pre-



Table talks

By Mrs. Knox

If you're tired of the same old things

SOME one remarked to me at the tea table that she was tired of canned fruits and did not know how to give them an original touch. I was sure I could help her, and together we went through my booklet, "Dainty Desserts."

"Why, Mrs. Knox," she exclaimed, "I never knew there were so many different desserts in the world. I had no idea you could combine canned fruits with Knox Sparkling Gelatine in so many unusual ways — not only in desserts, but in salads as well! I'm going to try this Cherry Sponge Dessert for dinner."

I learned afterwards that she and her family were so pleased with it that I am publishing the recipe here.

CHERRY SPONGE

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
 $1\frac{1}{2}$ cups canned cherries

1 cup canned cherry juice
1 tablespoonful lemon juice

$\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup sugar Whites of 2 eggs

Soak gelatine in cold water five minutes and dissolve in hot cherry juice. Add cherries, stoned and cut in halves, sugar and lemon juice. When mixture begins to set, add whites of eggs, beaten until stiff. Turn into mold, first dipped in cold water, and chill. Garnish with whipped cream, sweetened, and flavored with vanilla, and chopped cherries. Other canned, "put up" or dried fruits may be substituted for the cherries.

Send for my Recipe Book containing over a hundred Desserts and Salads

You'll never get tired of the "same old thing" with a copy of my booklet "Dainty Desserts." Send for it. It is FREE. Just enclose four cents in stamps to cover postage and mention your grocer's name. Address

KNOX

SPARKLING GELATINE

107 Knox Ave.

Johnstown, N. Y.



↑ The above package contains Plain Sparkling Gelatine for general use ↓



↑ This package contains Lemon Flavor in Separate Envelope ↓

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for gelatine think of Knox"



Something new. ideal for luncheon

AMBASSADOR Brand LUNCHEON HADDIES is the answer to your ever-present question, "What shall I have for luncheon that's new and deliciously different, yet inexpensive and easy to prepare?"

LUNCHEON HADDIES are the carefully selected white flakes of firm, fresh haddock, cooked, slightly salted, and delicately smoked. Packed by our special process as soon as taken from the water. No other fish is mixed with LUNCHEON HADDIES. There are no bones. Only the choicest fish are used. Each can is packed full of solid meat. It's different from any other canned fish you've ever tasted.

Try This Recipe

LUNCHEON HADDIES SALAD. Mix contents with Mayonnaise Dressing, add chopped stuffed olives, let stand one hour in cool place. Turn on crisp lettuce leaves and serve. Just the thing for luncheon, Sunday night supper, or for the unexpected guest.

SPECIAL OFFER

Six full cans of LUNCHEON HADDIES will be sent postpaid if you sign the coupon and slip it in an envelope with a dollar bill. Try them at our risk. If you are not entirely satisfied with the first mouthful, your dollar will be refunded immediately. Mail the coupon today.

DEEP SEA FISHERIES, Inc., Packers
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BRAND
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DEEP SEA FISHERIES, INC., Rockland, Maine.

Please send me your special offering of 6 cans LUNCHEON HADDIES, postpaid, on condition that if I am not entirely satisfied, my \$1.00 will be refunded immediately and the goods returned free of cost to me. 129-1

My name

Address

My grocer's name

scribed by law; namely, 240 degrees Fahrenheit, continued for forty minutes.

International Squabbles

When Uncle Sam says to John Bull, "If you will try to bear with my damn fools, I will try to bear with yours," that's hands across the sea.

It is on that basis that the Irish question will have to be settled. *Life.*

"Say, buddy, do you remember when we were over there, they used to tell us that when we got back nothing would be too good for us?" "Sure, what about it?" "Well, they told the truth."

American Legion Weekly.

How to Get Ahead

PLAN your spending, keep track of your expenses to see that you spend the way you *want* to spend. Then you will get more for your money, and can save more, easily.

At last a way has been found for keeping track of family expenses *without household accounts*. Deposit your income in your bank and write checks for your expenditures; then the bank and the Self-Accounting Check Record will give you full accounting. This record is no extra trouble to keep, a child can do it, and at the end of the month you will know how near you have come to spending "according to plan" or budget. This simple system can't go wrong, for your bank stands behind you and their records show up any omissions.

This practical budget system, and our Home Savings Letters telling "How to Stretch the Dollar" will enable you to *live better* and also save, in a year, \$200 to \$500, *real money* in your bank!

For two dollars we will send you a Self-Accounting Check Record for twelve months with full directions, twelve Home Savings Letters, four Weekly Allowance Books and "The Art of Spending." Full refund if not satisfactory. American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



It Makes Good Things Better

In cooking and in baking use Carnation regularly. Always pure and wholesome, it gives to every dainty dish a greater richness. It makes good things better. It is cows' milk, evaporated to the consistency of cream, then sterilized in hermetically sealed containers. To reduce the richness of Carnation to that of ordinary milk, add one part water to one part Carnation. Add more water if you have been using thinner milk for cooking. The Carnation Cook Book contains tested recipes. Send for it today. It is free.

CARNATION MILK PRODUCTS COMPANY
258 Consumers Building, CHICAGO 358 Stuart Building, SEATTLE

Carnation

"From Contented Cows"

The label is red and white



Milk

Sold by Grocers Everywhere

Carnation Milk Products Co.
Chicago New York
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Carnation Mayonnaisse With Egg—1 egg yolk, 1 tablespoon lemon juice or vinegar, 1 teaspoon powdered sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup oil, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{4}$ cup Carnation Milk. Beat egg yolk until light, add sugar, salt, mustard and lemon juice or vinegar. When well

mixed add oil gradually, beating constantly. Continue beating while slowly adding the Carnation Milk. Cover and keep in a cool place. This recipe makes $1\frac{1}{4}$ cups. **There are many other recipes as good as this in the Carnation Recipe Book. Send for it.**

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 AND POWER TO FASCINATE
 come only with health. Bring out all
 Mother Nature's charms by using a
 delicious, strength-giving malted food
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 to make new red blood.
 Samples and booklet "Beauty and Health" sent
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 Large Broad Wide Table
 Top — Removable Glass
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 Handles — Large Deep
 Undershelves — "Selen-
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 A high grade piece of fur-
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GENERAL UTILITY.
 Give of action, and abso-
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Trade Mark Registered.
Gluten Flour
 40% GLUTEN
 Guaranteed to comply in all respects to
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PRACTICAL CHRISTMAS GIFT
ROBERTS
Lightning Mixer
BEATS EVERYTHING
 Beats eggs, whips cream, churns butter, mixes
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 Simple and Strong. Saves work—easy
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 If your dealer does not carry this, we will send
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 West and South, quart \$1.40, pint \$1.00.
 Recipe book free with mixer.
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A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves $\frac{1}{2}$ the
 time. Consists of special folding dishdrainer, special wire
 basket, 2 special long-handled brushes. Full directions for use.
 Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School of Home Economics, 503 W. 69th St., Chicago

Mrs. M. had arrived at the little station in Vermont on a cold, stormy evening and had hired an old man to drive her to her friend's farm up among the hills. The roads were in bad condition from the storm, and the ride was altogether a very uncomfortable one. "How much do I owe you?" she asked on arriving at her destination. "Well, ma'am," said the old man, "my reg'lar price is a dollar, but seein' as it's sech a bad night and the goin' so terrible, I'll call it seventy-five cents."

"Home-Making as a Profession"

HOME-MAKING is the greatest of all the professions — greatest in numbers and greatest in its influence on the individual and on society. All industry is conducted for the home, directly or indirectly, but the industries directly allied to the home are vastly important, as the food industries, clothing industries, etc. Study of home economics leads directly to many well paid vocations as well as to home efficiency.

Since 1905 the American School of Home Economics has given home-study courses to over 30,000 housekeepers, teachers, and others. The special text-books have been used for class work in over 500 schools.

Of late years, courses have been developed fitting for many well paid positions:— Institution Management, Tea Room and Lunchroom Management, Teaching of Domestic Science, Home Demonstrators, Dietitians, Nurses, Dress-making, "Cooking for Profit." Home-Makers' Courses:— Complete Home Economics, Household Engineering, Lessons in Cooking, The Art of Spending.

BULLETINS: Free-Hand Cooking, Ten-cent Meals, Food Values, Family Finance, Art of Spending, Weekly Allowance Book, *10c. each.*

Details of any of the courses and interesting 80-page illustrated handbook, "The Profession of Home-Making" sent on request. American School of Home Economics, 503 W. 69th Street, Chicago.

—Adv.

For Tender, Juicy Roasts

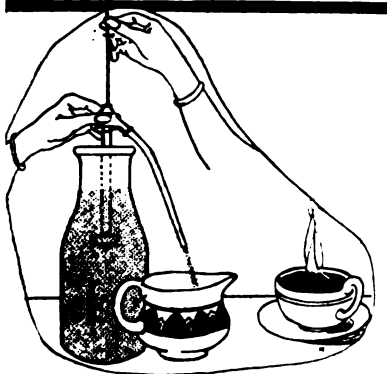
THE WAGNER DRIP-DROP ROASTER in Cast Aluminum—or Cast Iron means better roasts and stews, because it has all the goodness of the heavy old-fashioned Dutch Oven—combined with a wonderful self-basting feature. Fowl and meats of all kinds are cooked thoroughly, without danger of quick scorching. Ask your dealer. Write for leaflet No. 74

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Fair Ave., Sidney, Ohio

"Drip Drop"



WAGNER WARE



FOR TABLE USE

EVERYONE relishes clear, rich cream in coffee, on cereals and fruit desserts and for whipping. The cost of bottled cream is excessive. Skimit draws off a half-pint of cream from the top of any milk bottle. This gravity cream is better than the centrifugal cream you buy in bottles, and after the top cream is siphoned off with Skimit you still have one and one-half pints of milk left for cooking purposes.

SANITARY SIPHON
Skimit

The Midget Cream Separator.

No dipping	No pumping
No pouring	No wasting

Skimit is all metal, indestructible and sanitary. The parts are self-cleaning, and it may be sterilized by boiling. Skimit is endorsed by physicians and Good Housekeeping Institute. Price \$1.00 by mail. Satisfaction guaranteed.

SKIMIT MFG. CO., Oskaloosa, Iowa.



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A DOCTOR invented Skimit. He needed an exact quantity of clear top milk for a baby formula, and the old ways of removing the top of the bottle were unsatisfactory. The siphon action of the Skimit draws off all the top milk without disturbing the remainder, so you can accurately measure out the prescribed amount of top and bottom milk for babies' feeding.

COOKING BY KNOWN HEAT

is a measure of precaution that modern housewives take to insure gratifying results and to prevent spoiled materials. You will find that most good housewives recommend for this purpose



because they gauge heat accurately and are always dependable.

If you have difficulty in obtaining them from your dealer, order direct at following prices: Candy making, \$1.25; Deep Fat Frying, \$1.75; Oven, \$1.25; Fireless Cooker and Cake Griddle, \$1.00.

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"Sally Sweet's Own Recipes"

WILDER - PIKE THERMOMETER CO.
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Cream Whipping Made Easy and Inexpensive

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**Whips Thin Cream
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or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle to-day.

Housekeeper's size, 1½ oz., .30 prepaid
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(With full directions)

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Lyman Abbott tells a story about Dwight L. Moody. He started out one day with "the best minister in Edinburgh" to raise money for a mission in that city, the minister taking the lead, and asking from ten to fifteen pounds at each call. "I saw," said Mr. Moody, "it was going to take all winter at that gait, and so (not daring to criticize him), when we came to the next house (that of a very grand and wealthy woman), I said, 'How much are you going to ask *her* for?' 'Oh, perhaps fifty pounds.' I kept still, but when the door opened into the room where she was I just pushed ahead and said, 'Madam, I have come to ask you for two thousand pounds to help build a new mission down at Carrubers Close.' She threw up both hands and exclaimed, 'Oh, mercy! Mr. Moody, I cannot possibly give more than *one* thousand.'"

Cooking for Profit

BY ALICE BRADLEY

Principal, Miss Farmer's School of Cookery
Cooking Editor, Woman's Home Companion

IF YOU wish to earn money at home through home cooked food and catering — if you would like to own and conduct a food shop, candy kitchen, tea room, cafeteria or lunch room — if you wish to manage a profitable guest house or small hotel, you will be interested in this new correspondence course.

It explains just how to prepare food, "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all occasions, and tells in detail how to establish and conduct successful tea rooms, etc. — how to manage *all* food service.

The expense for equipment is little or nothing at first, the correspondence instruction is under the personal direction of Miss Bradley which assures your success, the fee for the course is very moderate and may be paid on easy terms. For full details write to American School of Home Economics, 503 W. 69th Street, Chicago.

—Adv.

Seasonings

*that lend piquant flavor
to appetizing dishes*

Among the many seasonings that constitute the complete Stickney & Poor Line will be found the right seasoning for almost every taste or desire. For instance,

STICKNEY & POOR'S

- Celery Salt
- Onion Salt
- Spanish Paprika
- Curry Powder

should be used by every housewife in New England. S & P Seasonings will add wholesome relish to roasts—soups—gravies or other dishes.

Once Tried, Always Used

Your co-operating servant,

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This Big 5 Pound Bag of **\$1.75**
Delicious Shelled Peanuts

Direct from grower by Prepaid Parcels Post to your door. More and better peanuts than \$5 will buy at stands or stores. Along with Recipe Book telling of over 60 ways to use them as foods. We guarantee prompt delivery and ship at once. 10 lbs. \$3.00. Money back if not delighted.

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Send for Recipe Book

"Ten-Cent Meals"

42 Meals with receipts and directions for preparing each. 48 pp. 10c.

Am. School of Home Economics, 503 W. 69th St., Chicago



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You can be the best cake maker in your club or town. You can make the same Angel Food Cake and many other kinds that I make and sell at \$3 a loaf—profit, \$2, if you

Learn the Osborn Cake Making System

My methods are different. They are the result of twenty years experience as a domestic science expert. My way is easy to learn. It never fails. I have taught thousands. Let me send you full particulars FREE.

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We know it will please you because of its superior qualities. Easy to cook, delicious in taste, very high in food value. Insist on getting our quality.

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OYSTERS CLAMS DEHYDRATED

These delightful delicacies preserved with all their salt water flavor

ALWAYS READY EASILY PREPARED

In powder form so that but ten minutes in hot water or milk makes them ready to serve. An oyster stew or broth; clam stew, bouillon and chowder always in the kitchen ready for instant use. Packed in bottles that make a quart of stew and in larger bottles that make 8 quarts.

OYSTERS, small bottles, 30 cents each
CLAMS, small bottles, 30 cents each

Enjoy a bottle of each of these delicacies

Money refunded if not satisfied

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BISHOP-GIFFORD CO., Inc., Baldwin, L. I., N. Y.

"Household Helpers"

IF YOU could engage an expert cook and an expert housekeeper for only 10 cents a week, with no board or room, you would do it, wouldn't you? Of course you would! Well, that is all our "Two Household Helpers" will cost you the first year—nothing thereafter, for the rest of your life.

Have you ever considered how much an hour a day, 7 days a week, 365 days a year is worth to you? Many workmen get \$1 an hour—surely your time is worth 30 cents an hour. We guarantee these "Helpers" to save you *at least* an hour a day, worth say \$2.10 a week. Will you invest the 10 cents a week to gain \$2 weekly? *Send the coupon.*

And the value our "Helpers" give you in courage and inspiration, in peace of mind, in the satisfaction of progress, in health, happiness and the joy of living, — *is above price.* In mere dollars and cents, they will save their cost twelve times a year or more. *Send the coupon.*

These helpers, "Lessons in Cooking" and "Household Engineering," were both prepared as home-study courses, and as such have been tried out and approved by thousands of our members. Thus they have the very highest recommendation. Nevertheless we are willing to send them in book form, on a week's free trial in your own home. *Send the coupon.*

In these difficult days you really cannot afford to be without our "Helpers." You owe it to yourself and family to give them a fair trial. You cannot realize what great help they will give you till you try them—and the trial costs you nothing! *Send no money—send the coupon.*

American School of Home Economics, Chicago.

FREE TRIAL FOR ONE WEEK

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Send your two "HOUSEHOLD HELPERS," prepaid on a week's trial, in the De Luxe binding. If satisfactory, I will send you \$5 in full payment (OR) 50 cents and \$1 per month for five months. Otherwise I will return one or both books in seven days. (Regular mail price \$5.14 each).

Name and

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Reference

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TRY Price's Vanilla! You'll like its evenly balanced, just-right strength. You can use Price's, confident that it will never spoil your cooking through over or under flavoring. Price's is always dependable — it is neither weak nor too strong.

Price's Vanilla is the pure flavor extracted from the finest vanilla beans. Long aging in wooden casks brings to it a rare, mellow sweetness. Price's Vanilla adds an irresistibly delicious flavor to cakes, cookies, custards, puddings, homemade ice cream and candies. Ask your grocer for it. Write for our new book of recipes—"Delicious Desserts and Candies." It is free.

*Look for Price's
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PRICE FLAVORING EXTRACT COMPANY
"Experts in Flavor" **Chicago, Illinois**

WHY SWANS DOWN CAKES ARE DELICATE

Try a pinch between your fingers—you can readily see why **Swans Down Cake Flour** makes cake that's soft and delicate and fluffy. To insure that velvety smoothness, the choicest winter wheat is ground by a special process and sifted through closely woven silk. To it nothing is added, nothing subtracted except the hard, tough part of the grain.

This package contains 12 cups of flour—will make 6 average cakes, 4 large cakes, or 12 Angel Food cakes.

SWANS DOWN CAKE FLOUR

Prepared (Not Self-Rising)

Preferred by Housewives for 27 years

makes cake that is not only a delightful dainty, but a food that is more nourishing than any bread. The natural richness of the wheat keeps such cake soft and moist as long as it lasts.

Swans Down does away with cake failures and the waste of expensive ingredients. In countless homes it is daily effecting a worthwhile economy.

Your grocer can supply you

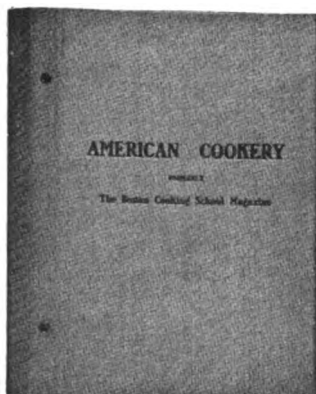
IGLEHEART BROTHERS

Established 1856

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Also manufacturers of Instant Swans Down (dry cake batter, ready to mix with water and bake), the only product of its kind made with Swans Down Cake Flour.





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We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

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The Boston Cooking School Magazine Co. Boston
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BREAKFASTS, LUNCHEONS *and* DINNERS

By MARY D. CHAMBERS

Should be in every home. It treats in detail the three meals a day, in their several varieties, from the light family affair to the formal and company function. Appropriate menus are given for each occasion. The well-balanced diet is kept constantly in view. Table china, glass and silver, and table linen, all are described and illustrated. In short, how to plan, how to serve and how to behave at these meals, is the author's motive in writing the book. This motive has been clearly and admirably well carried out. Table etiquette might well be the subtitle of the volume.

Cloth, 150 pages

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We will send this book postpaid on receipt of price, \$1.25

THE BOSTON COOKING SCHOOL MAGAZINE CO.,

Boston, Mass.

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Tells how to get more for your money—how to live better and save more! How to budget expenses and record them *without* household accounts. 24 pp. illustrated, 10 cents.

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Help! Help!! Help!!!

Our two new household helpers on 7 days' free trial! They save you *at least* an hour a day, worth at only 30 cents an hour, \$2.10 a week. Cost only the 10 cents a week for a year. Send postcard for details of these "helpers," our two new home-study courses, "Household Engineering" and "Lessons in Cooking," now in book form; OR SEND \$5.00 in full payment. Regular price \$6.28. Full refund if not satisfactory.

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No. 10. U. S. Patent 48236

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers'. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

THE EMPIRE KNIFE CO. Sole Manufacturers WINSTED, CONN.

Established 1886

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NO SALAD is quite PERFECT unless served with ROSE APPLES

A NEW sweet pepper, used as salad cups, garnishes, etc.; beautiful red — rich, nutty flavor — crisp — tender — melting — juicy.

When next dining in a high-class café ask that your salad be served in Rose Apple Cups. More than six hundred hotels are now serving them.

Call for them in the leading fancy grocery of your city, and if not on sale there, we will deliver, all charges prepaid, East of Denver, a case of six full quarts for \$3.90. Each
KEHOE PRESERVING COMPANY

quart will serve thirteen to sixteen people. They keep for years in the can, and for weeks after opening, if weighted down under their own liquid.

Try them at your next dinner party. Your guests will rave.

If dissatisfied after using one quart, we will refund all money.

A new book of recipes for salads and salad dressings in every case, or sent free on request with the name of a fancy grocer, catering to the best trade.

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Cook without recipes! A key to cookbooks, correct proportions, time, temperature; thickening, leavening, shortening, 105 fundamental recipes. 40 p. book. 10 cents coin or stamps.
Am. School of Home Economics, 503 W. 69th Street, Chicago

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100 recipes. Brief but complete. 15c by mail. 100 Meatless recipes 15c. 50 Sandwich recipes 15c. All three 30c.

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Pure, Wholesome, Delicious



Quickly and Easily Prepared.

Simply add water and boil 15 minutes and

you have a delightful soup, of high food value and low cost. One 15 cent package makes 3 pints of soup.

These soups do not deteriorate, so may be continually on hand and thus found most convenient. The contents also keep after opening.

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Superior Laboratories
Grand Rapids, Mich.
Dept. 100

Makes Stoves Rustless

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Transportation *is* or *is not* paid as stated.

INDIVIDUAL INITIAL JELLY MOULDS



This shows the jelly turned from the mould!

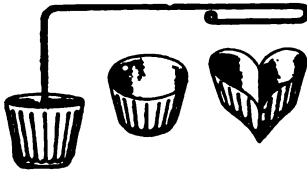
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

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As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for two (2) new subscriptions. Cash Price \$1.50.



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One of the most modern and efficient kitchen helps ever invented. A big labor and time saver.

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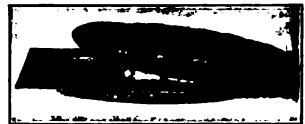
FRENCH ROLL BREAD PAN



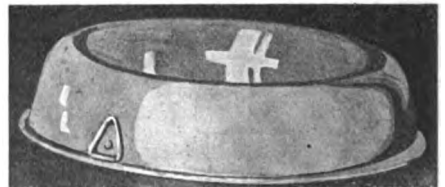
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End

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SEAMLESS VIENNA BREAD PAN



Two of these pans sent, postpaid, for one (1) new subscription. Cash Price 75 cents for two pans.

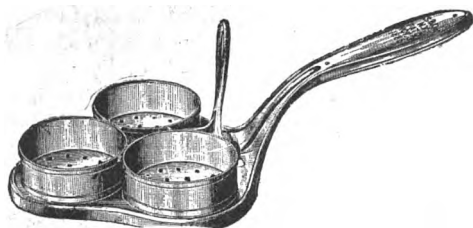


HEAVY TIN BORDER MOULD

Imported, Round, 6 inch
Sent, prepaid, for one (1) new subscription. Cash Price 75 cents.

THE BOSTON COOKING SCHOOL MAGAZINE CO., Boston, Mass.

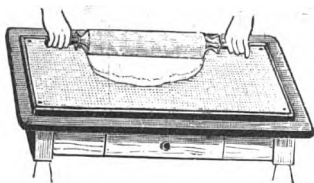
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EGG POACHER

Three-ring. The rings lift up, so as to easily remove the eggs. Convenient and substantial. Sent, prepaid, for one (1) new subscription. Cash Price 75 cents.

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For Pastry Boards and Rolling Pin; chemically treated and hygienic; recommended by leading teachers of cooking. If you once use this you will never be without a set again. Saves flour, time and patience. Sent, postpaid, for one (1) new subscription. Cash Price 75 cents.

"Roberts Lightning Mixer"



Tens of thousands of delighted housekeepers daily use this mixer and recommend it as being the most effective beater, mixer and churner they ever saw. Beats whites of eggs in half a minute, whips cream and churns butter in from one to three minutes. In making floats, salad dressings, custards, gravies, charlotte russe, egg nog, etc., it must be used in order to achieve the best results. No spatter. Saves time and labor.

Pint size sent, postpaid, for one (1) new subscription.

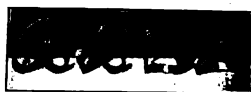
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HEART SHAPED CAKE MOULD



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Set of Four, Heart, Club, Spade, Diamond

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THE BOSTON COOKING SCHOOL MAGAZINE CO., Boston, Mass.



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That is Jell-O. It rounds out a meal with a satisfying sweet touch that appeals to every member of the family. A pleasant dessert makes the entire meal seem “special.” It is remembered for a long time.

*The American Offices and Factory
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in the famous Genesee Valley.*

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JELL-O
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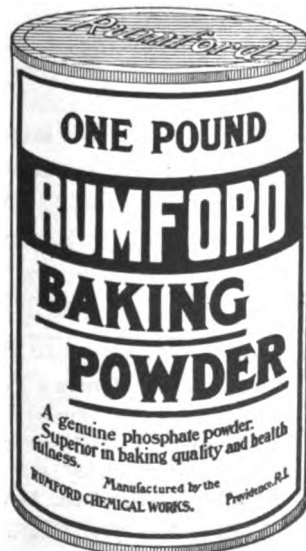
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Vol. XXVI

MARCH, 1922

No. 8

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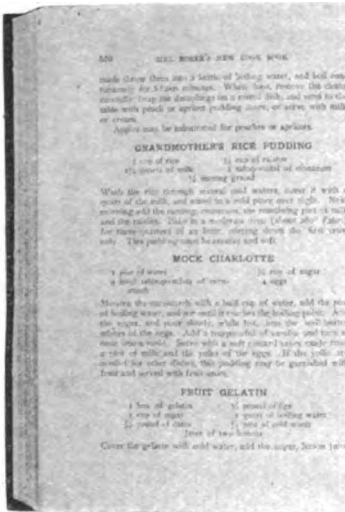
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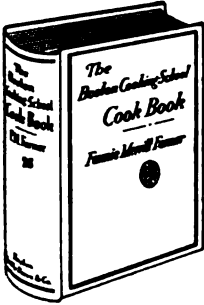
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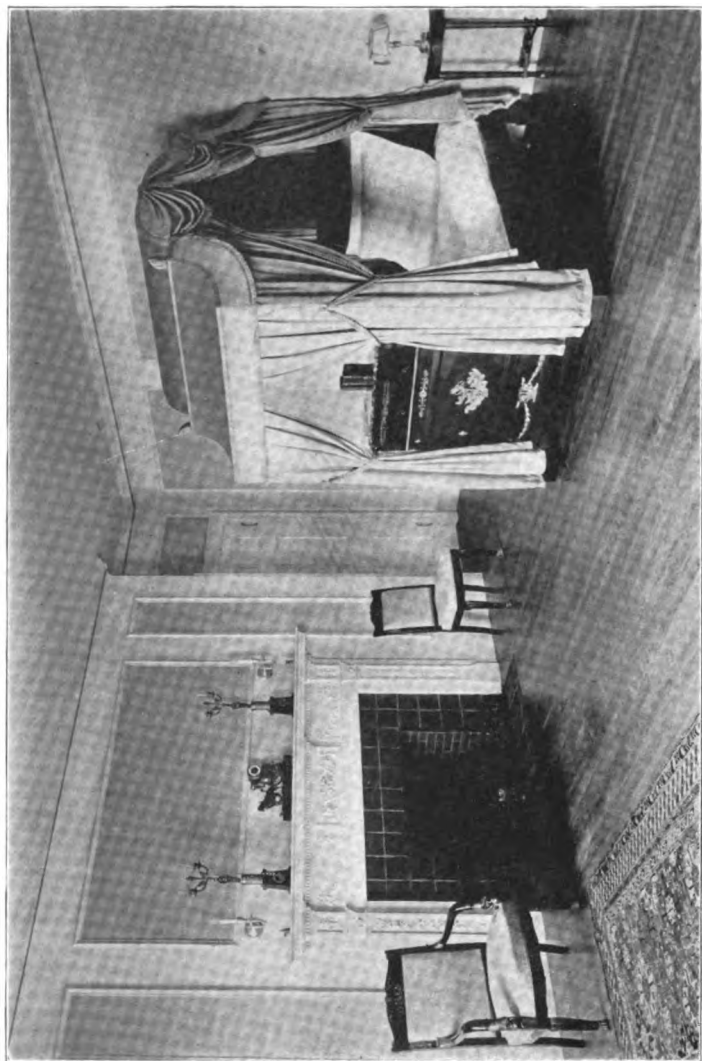
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Shadow and Substance

In these homekeeping years, still nights I lie
 Envisioning the near, familiar dark,
 Enchanted, moving; wistfully I hark;
Softly, thin curtains brush the berth; near by
Creak straining timbers; and dull, steadily,
 A deep pulse throbs; aloft, the wireless
 spark
 Crackles; dim stars sway past the port, and
 mark
Time to slow seas that heave eternally.

Free of the ocean! Vague, blue lands ahead;
 Old worlds a-dawn in harbors far from home;
 Palaces, churches; — misty dome on dome;
Haunting romance of centuries long dead;
 A childish, sleepy cry! No more I roam.
Love lights the darkness; barren dreams are fled.

Katharine Sawin Oakes.



FOUR-POSTER, WINDSOR CHAIRS AND FIREPLACE

American Cookery

VOL. XXVI

MARCH, 1922

NO. 8

"Great-Grandmother Sets the Fashion in Dressing Tables"

By Mary Harrod Northend

A CHARMING picture presents itself to my mind, as I sit in the twilight, dreamingly gazing into the cheery blaze. Seemingly my grandmother is beside me reminiscing about old colony days. The most delightful tales which I recall were those relating to great-grandmother, who was one of Salem's reigning belles. In imagination I enter her Colonial drawing-room, with its white wainscot, scenic paper and wonderful old mahogany. As I gaze, she enters the room to be in readiness to receive her guests. How beautiful she looks in her stiff damask gown, brought over seas by great-grandfather, wearing her hair according to the fashion of the day, high and powdered. As she trod the minuet she was the stateliest of them all, and during the intervals between dancing she often left the room that she might go into her guest chamber and refurbish her wig, in the little powder closet that was set off at one side of the fireplace.

The little room has been kept untouched since the day that she left it, and often I go up to it recalling the days when she used it. It is not a large, capacious room, rather a tiny, box-like apartment, furnished with a Chippendale dressing table, over which was laid a homespun cloth, and on it stood her powder box, which cost just one pound, five shillings, also a little enamel patch box, and as I lift the cover I take up curious little patches, stars, half-moons and even a little horse and chaise. Over-

head hangs a picture mirror which is now worth a fortune on account of the lack of isinglass at the present time.

Powder closets were a necessity in the late 17th century and early 18th. In the large, square houses, such as those found in Salem, each one possessed a larger or smaller one, for every lady and gentleman powdered their wigs, which made it necessary to have a retiring place, where they could attend to this matter.



LACQUERED DRESSING TABLE

One of these that is shorn of its furnishing forms a part of a chamber in the Parker-Kemble house at Marblehead, Mass., built in 1743, and originally occupied by Colonel Raymond William Lee, an intimate friend of Washington's. There were two more which have been converted into alcoves; at the farther end of the living room, which is directly off the old-fashioned parlor. A second set, for there were often two in the room—one for the use of gentlemen, and the other for ladies—is at the "Lindens," General Gage's headquarters at Danvers, Mass.

Dressing tables, or low-boys, were found in our country in 1700, generally made of walnut, sometimes the top being veneered in four rectangular sections, thus showing the grain to wonderful advantage. There were many kinds in those days designed both by Sheraton and Chippendale; some of them were

arched between the legs, while others showed the double ogee curve, rather than the single one. Not always was walnut used for the top, for stone and slate were found suitable for this purpose, both of which are rarely seen today. They were finished with hollow drops and a border of marquetry about five inches in width.

Then came the walnut and inlay cabriole type about 1720, followed by those with three drawers on the lower part, and one long, narrow one at the top; this was about 1730, and as the century grew older shells were introduced at the knees, while the rising sun, carved in many different ways came into use. These dressing tables usually had a mirror and dressing box, often following the wood of the table, some of them wonderfully japanned, but few, if any, of these are still to be found.



ONE POWDER CLOSET CONVERTED INTO ALCOVE; THE OTHER LEFT INTACT



MODERN LET-IN TABLE, MARBLE TOP

Powder rooms did not originate in our country; whether they were in vogue during the early Egyptian times, we do not know, save that mummies have been discovered with golden wigs upon their heads. It is a well-known fact that Good Queen Bess frequented a room of this sort, spending much time on her toilette; for not one, but ten wigs did she own. Marie Antoinette set a fashion much more elaborate, and during her reign the hair was massed higher upon the head, often necessitating a night spent in a high-back chair, lest it be "mussed." Most curious fashions were set in that day; some of the ladies affected ornamentation illustrative of their husband's profession, while still others placed ships aloft to sail upon the rounding billows.

During the reign of Louis Fifteenth,

the custom of powder closets reached its height, taking the form of dressing rooms. Replicas of dressing tables, used by him, are often found in the twentieth century homes, designed with canopies tied with bowknots and trimmed with lace and feathers. Not only were dressing tables discovered in the rooms at that period, but there were basins set in wrought iron, a fashion that has been copied today with the coming in of wrought-iron standards. Wig-stands were also employed, standing by the side of the dressing table, that they might be close at hand when needed.

Not all these were small, for they expressed the age in which they came into fashion, and so tedious was milady's toilette, that she often turned her boudoir into an informal reception room, discussing the latest scandal, while she



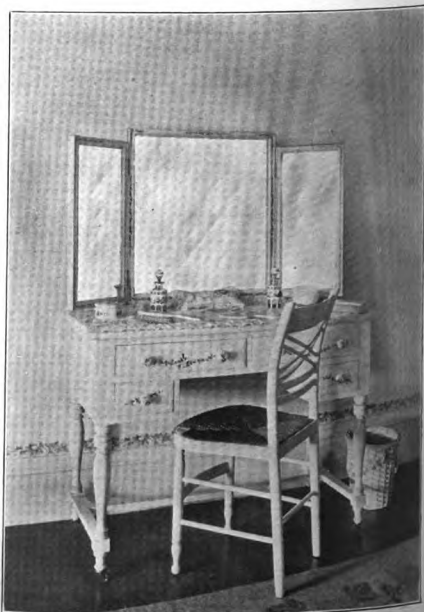
UNIQUE WITH BRASS FEET

toyed with the ribbons in her hair.

The most important thing to be considered in the dressing-table setting of today is the color-scheme, and the period to imitate. To be sure, this piece of furniture is not always set in a room apart, for sometimes it is a central feature of a bay window, in which case proper lighting is essential, many times it is accomplished by light from the ceiling lowered to exactly the right height to cast the desired light upon the mirror and the hair; again side lights are a necessity; in cases such as this it allows one quite a latitude, for there are, in the market, today, so many charming fixtures, that it is very easy to introduce a novelty, corresponding in color note to that used in the furnishing of dressing tables.

The first thing that we look for in any room is size, shape and design, that we may the better fit in the accoutrements belonging to such a room as this, properly causing each one to occupy the right place while not being identical in size.

Painted furniture, more especially if it is built into the alcove of a room, gives one a fine opportunity to introduce a charming color note, which, while it makes a pleasing contrast, need not be expensive. This type came in about 1770; those used after this were of the Adam period, the paint being applied directly to the wood, and a transparent lacquer used over it. To be sure, we know that the use of paint helps us to cover a multitude of sins and in that way we can transform a simple bit of furniture, with good lines, into a most effective dressing table. The foreign, peasant furniture is the most popular at the present time, and often the wood used for this purpose is inexpensive, yet the color tones, which form the body and the contrasting bands, working out panels, together with the artistic bits of foliage, flowers or fruit, give it a charming finish which makes it adaptable to rooms of simple design. Also, it is in fashion.



A PAINTED DRESSING TABLE

A charming accessory to these dressing tables are lace covers with a bit of sarcenet or silk underneath; glazed chintz is also adaptable to this purpose, done in blue and rose, yellow or blue, or old rose and silver; sometimes a hood is puffed over the mirror, which gives it a much more decorative look, as well as an effective background for perfume bottles.

Most delightful little mirrors come today, which can be placed upon the dressing tables, with painted frame and standard, or simply finished in gilt with odd little conceits let in at the bottom; intense blue with deep ivory flowers is charming, as also is a dull mustard with Dutch green.

The antique taffeta curtains with quaint frills and tie-backs are sometimes used on the canopy, which is directly back of the table. The love of luxury and comfort which possesses the people of today has tempted them to be almost frivolous in their boudoir setting; and to be a really successful, modern luxury, the boudoir should include, for comfortable, luxurious ease, a fireplace, where a crackling log blazing on the hearth tempts one to linger at her toilette.

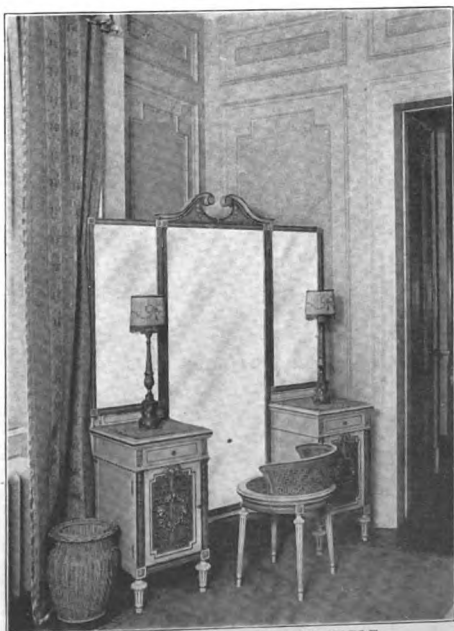
Four-posters and Windsor chairs, or possibly Sheraton, demand one of the old-type, walnut low-boys, and it should, if possible, be furnished with the old-fashioned accessories of the toilette.

Nondescript pieces, which in reality do not denote any period, are sometimes used for this purpose; they are a combination of walnut and gilt, showing legs of the latter material and little glass brackets, screwed into either side to light this quaint, odd bit. Another unique piece might well be called the *pantalette* table, because the drawers are so let in that they make one think of the fashion that was in vogue in our grandmother's day.

Linen fold is a feature on some of the new dressing tables, that most elabo-

rate carving, and a triple mirror, which when closed depicts the same design, can be used for a topping. The advantage of this is, that it reflects the side and back of the hair, as well as the face in the mirror. The *Griselle* decorative dressing table is of the Empire period, showing the laurel and eagle; it is a very handsome piece that can be used with almost any French furnishing. Another type of the same period shows a triple mirror, an innovation which is quite fetching.

Very often the dressing table matches the furniture, but generally it should be an odd bit in sympathy with the rest of the pieces in the room. So whether it be a large or small piece of furniture, if it be used for a summer home, we should not be afraid of putting in a bright color, handling it, however, with care, for the successful decorator is he who is able to produce, through intuition, charming effects with unusual pieces. Good taste is always looked for.



LOUIS FIFTEENTH DRESSING TABLE

Ninety Per Cent Mystery

By Quincy Germaine

TEN per cent of every culinary success is common sense and a good recipe. The other ninety—ah, there is the mystery!

My neighbor has a thing that she calls Poverty Stew. You know the sort of dish I mean—a dismal concoction of meat and vegetables in uninteresting gravy. Not that it is unpalatable, for Nancy is a good enough cook, and does not spoil what she attempts. Her Poverty Stew is like her rice pudding. Both are well-made and nourishing, as is evidenced by the obvious health of Launcelot and the Kid, who constitute her family. Launcelot was once, by the way, called the handsomest man in the Golf Club. But when he gave up the club, and they bought a place next to us in the country, he began to qualify for the heavyweight championship of the world—in spite of Nancy's menus, and the commuting that was reputed to keep his nerves on edge.

I have always had an underhand sort of sympathy for Launce, since the winter we were snowed in, and the provision men could not reach us for a week. Launce lost pounds of flesh wading through drifts to the station and the capacity of my cellar was taxed to keep up with Solomon's appetite, which is normally far higher than that of the average man who has a wife and two youngsters to consider. During that week, when we were snowbound as tight as Whittier's famous fireside group, Nancy served up Poverty Stew, rice pudding and oatmeal; pudding, oatmeal and stew; oatmeal, pudding and stew, with a faithfulness to make the heathen rage and angels weep.

"For," she would patiently explain in the face of expostulation, "we must depend on what we have in the house in

an emergency like this. Launce doesn't realize how I suffer shut up here alone or he'd be more considerate."

My experience is only five years longer than Nancy's, but my thoughts leaped back to the day when I had given Solomon rice pudding because his mother had told me he liked it.

"Come to dinner with us tomorrow," I suggested. "Launce can come directly from the train with Solomon."

"Oh, we couldn't," she protested, virtuously. "The Kid goes to bed at five, you know."

"You and the Kid come at four," was my firm mandate. "He can go to bed with my hyenas, and you can cart him home when we get ready to let you go. The midnight air is something he will taste, eventually, or I'm mistaken in your son."

When Solomon got home that night I told him what I had done.

"It wouldn't be half bad, if Launce was the old boy he used to be," he commented. "This morning he bellowed all the way to town about Nancy giving him johnnycake every day because he once ordered it for breakfast when they were on their honeymoon."

That sounded a little too much like pity to be allowed to get by!

"You speak as though Nancy were to blame," I retorted, with as much vehemence as I could muster. "He has trampled on her imagination, smothered her commonsense, and now he growls at her johnnycake. I won't stand it!"

"You won't stand it! What business is it of yours?"

"You'll see!"

"I don't doubt that," returned Solomon, politely. "Have you mapped out my share of the plan of action?"

"Beyond towing the reluctant and

irate Launce up here from the station, I don't care what you do before dinner. Afterwards, while he helps me clear things up you can put on the record we tried last night, and teach Nancy that foxtrot you're so crazy about. She told me she hadn't danced for nearly two years."

"What's going to happen to the Kid?"

"The Kid will be shut up with the boys. If we hear from him — well, Carp has his orders."

"Carp," alias Carpentier, properly christened Solomon, Jr., watched the process of tucking up the visitor that night with considerable interest, according to Nancy. I was not present at the ceremony. After she came downstairs I went up.

"Carp," I reminded, "if the Kid wants anything, you remember to look after him. We are going to be busy."

"Yep," said Carp. As I went out I shut the door, quietly, for fear of being heard — by Nancy.

For dinner we had something I was taught to make by an old Indian guide, on that memorable trip when the world was, for us, a Paradise of moonlit lake and balsam-scented forest glades. Its succulence lies in the fact of its having cooked all day in a gravy, spiced with herbs you pick under the orchard wall when the ripe fruit, fallen in the stubble, gives off its fragrance to be recalled later during winter storms. For vegetable, on the side, we had the beans that Solomon nearly uprooted in their youth, and which flourished to a ripe old age only because Carp's sharp eyes discovered the gap through which the next-door rooster made his daily pilgrimage of devastation. The cranberry was moulded in the oyster-shells we picked up near the Indian mounds we chanced upon in our motor-trip last summer.

"Don't we get some of that Thingamajig with the Whatyoucall it on top, tonight?" demanded Solomon as I took away the salad plates. (Green peppers

in the dressing had transformed the humble cabbage-leaf.)

"Just that," I nodded, and Launce began to laugh, as I set before them the goblets, which before the days of eighteenth amendments had been sacred to other use.

Now they were filled with a custard made substantial by little flecks of white, and topped at least one-third its depth by a meringue with a lump of jelly atop. Aunt Jennie's cookies were accompaniment.

Launce followed me to the kitchen, when at last we stood up. It was nearly nine.

"Say, but I can hardly navigate," he beamed, as I tied a flowered apron where his waistline once had been. "Can't you pass on the rules for those things we had tonight? Nancy never seems to hit on stuff like that."

This was the old Launce of Golf Club days, placid, atwinkle of eye, ingratiating. It was a shame to spoil the scene, but he was there for a purpose. When I hit at all, I hit from the shoulder. From the other room came strains of a foxtrot and Nancy's laughter, as in the days of old. Oh, it certainly was a shame!

"Don't be a dunce," I said through the steam from the dishpan. "What I gave you was just the same as hers, except that my china makes it look a little odd."

His answer was neither polite nor printable.

"Do you mean to say you didn't recognize those things dressed up in fancy clothes? How on earth has Nancy the patience to live with such a dunder-head! What I gave you was a simple meal of Poverty Stew and rice pudding. I make them by the cook-book that Nancy uses, adding only one ingredient. That ingredient makes all the difference in the world. It is 90 per cent of all that makes life interesting. Don't you ever tell I told you, and don't forget it to your dying day. It is spelled alike in many languages, Launcelot.

"I-M-A-G-I-N-A-T-I-O-N!!!"



Homage to the French Menu

"La Semaine de Brillat-Savarin"

A WEEK OF FEASTING THROUGHOUT FRANCE IN HONOR OF THE GREAT FRENCH
AUTHOR-COOK

By Blanche McManus

WE are in the midst of a cycle of days devoted solely to the glorification of the memory, eternally green, of a great Frenchman, the great exponent of the Fine Art of Cooking and Eating — Brillat-Savarin.

It is to him that French cookery owes its proud position in the gastronomical world. And who is this Brillat-Savarin, in whose honor not only we in France, but all of Europe, are at the moment partaking of good cheer? Was he a cook? Bless you, no, he was a judge, a learned man of the French Court of Appeals, high in his profession, a friend of kings, a book-lover, a writer, who spent the labor of his pen in the praise of good food.

To him France and all the world owes the present-day reputation of *la cuisine française*, the supreme expression of culinary art, from which France received its degree as the Land of Good Cooks, the Land of the *Cordon Bleu*.

The eighteenth century is most fittingly written down in history as the Century of Cookery. Between 1700 and 1800 the art of the French chef first brought to its culmination the culinary art. During this period the French menu of subtle sauces, intricate blends and *nuancés* grafted itself on to what had hitherto been but heavy, solid dishes, and took its place upon the table. It was the century of the gourmet, not the *gourmande*, and the art of Brillat-Savarin was the apogee of its brilliancy.

Brillat-Savarin was born in 1775 in mid-France, in the small town of Belley, in the department of the Ain. Educated for the bar, he rose to the highest rank. An imposing figure on the bench he was, in his voluminous red robe, wearing a high cap, banded with ermine. His physiognomy shows him to have been a tall, full-blooded man, dark, swarthy, with peculiarly small, deep-set eyes, and at

that particular time possessed of mutton-chop whiskers — who says there is nothing in a name? The upper face was indrawn and taciturn, characteristically at variance with his thick lips and low forehead. Such was the man who has left the most brilliant mark upon the French cuisine. Today, hardly a first-class menu but carries somewhere upon it the suffix of *Savarin*. It was this name which is responsible for the fact that there is no menu of any country but that, as a guide-post for the dinner table, is written in the French language.

Brillat-Savarin was a cook, of course. He was a great master in the art of the cuisine, and to know an art one must be an artisan, a practitioner. He not only wrote and published his famous book — the Bible of the Gourmet, entitled “*Physiologie du Goût*,” which might better be called a Dictionary of Fine Taste in Food, in reality Gastronomical Meditations, but also innumerable essays, all treating of the fine art of knowing how to eat. To him can be awarded the *palmes culinaires*, for he it was who raised the kitchen to the level of the lecture platform, and gave the French menu rank as a work of art.

He spent his leisure moments, not in knocking a little white ball across the face of nature, but got his recreation from his arduous duties of the law in one or another of the great kitchens of his various mansions, concocting and compiling the history of dainties, which first saw the light of publicity under the great hooded chimneypieces of the traditional French kitchen, in the light of great logs of wood and the *braise* of grapevine branches.

Of course he cooked, he, the great apostle of the Art of Taste. It was the fashion of the day to cook! So high society in France, in the blaze of munificence of the reigns of the last three brilliant Louis's, took its amusement and pleasure, men as well as women, thus. Indeed, cookery has ever been a manly accomplishment, and the eighteenth cen-

tury saw the kitchen first become the rendezvous of society, the *noblesse*, and church and state, even royalty, high on the top wave of magnificence, had a finger, and more often two floury hands, in the French pie, which in this particular case is represented by the famous *pâté*, or toothsome delight, of which Brillat-Savarin was the architect.

Louis XV, the handsomest of all the French kings, and the highest liver of them all, himself, went down into the vaulted kitchens of his palace of the Louvre, and in rose velvet and lace ruffles, attended by princes and princesses, concocted his dreams of *ragoûts* in copper casseroles with a silver spoon. One of his daughters, for whom the famous *Chemin des Dames* (which came again into fame in the late war) was named, invented a wonderful *plat*, known as *filets de lapereau*, to which has since been tacked the suffix of Berry.

The beautiful Polish wife of Louis XV, with her own royal hands, prepared those



BUST OF SAVARIN

mouthfuls of tenderness, the *bouchees de la reine*, that are still one of the most prized entrées in a French menu. One of the first of French marquises seasoned one of the great French sauces, when the white *sauce béchamel* was born, a name now graven on the menu for all time.

A *premier chef* of one of the great Marechals of France, de Contades, with a silver-gilt sword hanging at his side, in his kitchen, moulded and launched into an appreciative world the first *pâté-de-fois-gras*. And so on—a list *ad infinitum*. It is no exaggeration to say that nearly every famous French *plat* that we eat today bears the hall-mark of some great historic name.

Small wonder that at such an epoch, with such an audience, Brillat-Savarin's deification of that chief element of the French *batterie de cuisine*, the casserole, was an inspiration that quickly placed him on a pinnacle of fame, as one who was a real savant in all that concerned the art of good food.

So it is that France, today, pays him homage, as no other wielder of the sceptre of cookery has ever been accorded, first by erecting a statue to his memory, as the greatest of all culinary authorities and food epigrammatist of his or any other time, in his home town of Belley in the Ain, and, secondly, in proclaiming the *Semaine de Brillat-Savarin*, a week crowded to the brim with feasting, the menus for which carry only the dishes to which the greatest discriminator in good cooking affixed his seal and patent of approval. Many of these *plats* which he conceived have been given, and will always bear, his name, by the subtle devotion of a long line of good cooks who have followed after.

In Paris many sumptuous repasts have graced the tables these last days, such as have not been known for long years; the old mahogany tree has indeed groaned under its load. Some of the best-known Paris artists have designed the menus of these repasts, which have set forth praises in the name of Brillat-

Savarin. Not only in France, but in other European lands this homage has run high—in Belgium, in Holland, in Switzerland, and in Italy; all are having their "Week of Brillat-Savarin." Indeed, so successful has been the idea, that, tacitly, the week has been extended into a month, which, as it covers the Christmas and the New Year season, is bound to make (to allow a French pun) the occasion *brille* with a brilliance that would have pleased the author of the *Physiology of Taste*, for he never believed in confining the lights of his own kitchen fire to his own *demeure*, but to cast their brilliance out over a receptive world.

Food, good food, is the best of all advertisements, and Brillat-Savarin has reaped the fame he deserved. To discover a new dish is to discover a new world. He signed and sealed the variety and the verity of his skill, both with the pen and the spoon, by the following epigram in his *Meditations de Gastronomie*:

"He who receives and entertains his friends, and who does not, himself, personally, give supervision to the repast which he offers them, is not worthy of having friends."

The French revolution blasted the brilliant career of this *chef-ecrivain* (or vice-versa) at its height and blighted, though temporarily, the glories of the French *cuisine*, to which he had added the finishing top-crust of perfection.

Brillat-Savarin, from his former position, as friend of the royal court, and himself a law-giver in the land, was obliged, like so many of his countrymen, to flee from the wrath of mob rule. He went first to Switzerland, later to the United States, where his fame as a musician was only equalled by that of his culinary aptitudes.

In the old French city of Nouvelle Orleans, Brillat-Savarin found a refuge that gave him a French link still, though an attenuated one. It has been claimed that he had much to do with the excellence and reputation of the delectable food of the Crescent City, and that he

gave the *cachet* to the Creole cuisine. There is, indeed, more than one restaurant of that city of warmth and gardens, which claims Brillat-Savarin as their inspirational reason for being, if not actual inception.

However this may be, the world's greatest exponent of the art of good living and fine eating left his mark upon Amer-

ica, and later he returned to France to become a good republican and a *littérateur* of the first water.

Thus is accounted for the last grain of sand of Brillat-Savarin, author of the French menu, as the last grain of salt is dusted into the casseroles all over *la belle France* in this brilliant *Semaine de Brillat-Savarin*.

"Do Your Feet Hurt?"

By Roberta Lynn

DO they make you miserable? Do they make you wish you could stay at home and keep off them—chuck work and play—an' everything that keeps you standing on them?

Then, when you humor them and do stay away from things, do they surprise and disappoint you by continuing to hurt?

It's a miserable feeling, all right.

And it's pretty safe to suppose that they hurt most in the summer.

Of course, it's easy enough to blame it on to the weather—to sigh and say, "Well, everybody's feet hurt in the summer time."

But coming to that universal conclusion doesn't get us any place—it doesn't rid us of the trouble. Besides, it isn't true. Everybody's feet do not hurt in the summer time. Only those who eat too much.

Only those who—

Why, says some one, that would be equal to saying that nine out of ten are guilty of eating too much! And though most people will agree that the matter of aching feet is second only to the weather, as a popular conversational topic, yet they would naturally object to being included among those vulgarities who "stuff themselves."

Nevertheless, the majority of us do eat too much. Not necessarily too great an amount of food, but too much out-of-season food. Too much winter food in the summer.

In the winter we eat eggs, cereals, milk, nuts, cheese, pastes, pastries, soups, desserts, dried, canned and preserved fruits and vegetables, and all kinds of meat and fish—these, in addition to what fresh vegetables and citrus fruits can be got. In most of these things fats, proteins and carbohydrates predominate—they are, with some exceptions, heavy, highly-concentrated, heat-producing foods. Many of these things—in moderate quantity—are just what we need during the cold days to fortify us against winter's extremes. But when the weather warms up, we need to diminish and alter our diet—just as we modify the stove-heat after the spring days come. To be sure, some people will insist that this is all hokum. Tosh—as the English say. "They pay no attention to diet—eat whatever they please, regardless of the season." But the only flaw in the ointment of this argument is that they are the very people who do the most complaining.

And, since there's no necessity for all this misery, why shouldn't we look for a way out—the easiest and best way out? For with the spring and summer comes an endless variety of fresh fruits and vegetables—blood-cooling, nerve soothing, system-cleansing foods—Nature's simple and pleasant prescription for that run-down feeling, for headaches and biliousness, for colds and catarrh, for—but the list is too long. However, it

includes aching feet. Why take spring tonics — whether in tablet, powder, or bottle form — when the green grocer around the corner can supply you more cheaply and tastily? Why invest in external remedies when oranges and tomatoes will do more for you than any of the druggist's eas-em preparations? Why discard those perfectly good shoes, that were so comfortable and stylish in the winter — when you can make your feet "as cool as cucumbers" by eating them oftener? I mean cucumbers, you understand!

By the way, I believe the prejudice against cucumbers would end, if the growers would only let them ripen more before they pick them. This, sorry to say, is a sadly general fault with much of the produce offered for sale — it is picked too green — often so immature it is no wonder a good many people refuse to eat thereof, and thus contract indigestion. There ought to be a national slogan, "We want fresh, *ripe* fruits and vegetables." For the preponderance of starch in unripened produce does make digestion difficult — often painful. There was a time when tomatoes were considered poisonous, and there are still a good many who look askance at cucumbers — and with reason, too, when not allowed to ripen. Imagine trying to digest half-ripe watermelon.

Of course, most people can truthfully say they *do* eat some of the fresh things as they come along in season. But do they substitute them for the regulation heavy things — or just add them on to an already generous menu? A dinner of soup and meat, potatoes and gravy, bread and butter, pie and cheese doesn't leave much edge for anything more — no matter how green and fresh and juicy and inviting the dish of fruit or salad may appear.

Why, then, don't we fix it so that these foods, which are cleansing, soothing and cooling, are given a chance to make us comfortable? We regularly lay away our red flannels in the spring — why

don't we give those stoker "ham-and" dishes a rest, too? If we eat them in the winter for the express purpose of supplying us with heat, is it reasonable to suppose that they're going to leave off fulfilling their destiny when the weather turns fair and warmer? Surely not. Instead, they go feverishly on "making it hot for us" — just as hot as they possibly can.

And, if you get hot around the collar, your poor feet are going to get a whole lot hotter. Having, in addition to their business of transportation, the body's entire weight to support, it is very obvious that whatever you're in the habit of walking around on — whether hands or feet — they are going to suffer doubly, when the rest of you is uncomfortable and nervous and sluggish and stuffy and hot.

As soon as the weather warms up, it's foods containing natural salts and other eliminating elements that we need — not the proteins, fats and carbohydrates of soup-to-cheese dinners. In fact, we need the mineral content of the former so badly that, if we are not adequately supplied therewith, our feet are going to get together and make a fuss. And they will keep right on, too, with their complaining — till we make a change. Our feet knew all about this "national unrest" business long before parlor-Bolshevism became the vogue.

Of course, in making a change in diet, you won't be likely to notice any particular difference the first day — and maybe not, even the second — since it always takes a little time to get adjusted to any sort of new régime. Also, to rid the system of the sluggish, toxemic effects of the old order. But, after about a week, say, in which fresh, *ripe* fruits and vegetables are more conspicuous on your table than the heavy starches, sugars, oils and meats — why, then, your feet will begin to let up.

It's such things as pigs' feet that make *our* feet hurt, when the thermometer rides high. Not that pigs' feet can never

be eaten with impunity in the summer. Pick a day in between the hot waves, and with the "souse" (as some people call this meat dish) serve cabbage, sweet corn and a combination salad. If dessert seems imperative, choose figs, pears, grapes, or some other uncooked fruit. If you add bread, butter, potatoes, gravy, fritters and cake to the above, you have swung the balance to the heavy foods, and invited an attack of — what not? Very likely, aching feet.

I've heard people say they just can't drink milk in the summer — it makes them bilious. Yet they go on drinking it — laboring under the delusion that it is absolutely essential to their well-being. Milk is a splendid food — especially raw milk — but it isn't essential. Take the Japanese — they use almost no milk. Until lately cows were almost unheard of in Japan. Yet the Nipponese are, notoriously, a sturdy race. Perhaps it's seaweed, sharks' fins and bamboo shoots that make them so. Personally, I would prefer the milk. And it shouldn't cause me any discomfort, either. Providing I drink only a moderate amount of it on the hot days, when I don't need stoker foods — and also providing I regard it as the "heavy" portion of my meal and finish off with light things.

Meats we eat because we like them. Much can be said, both for and against their use — but much more against the too *liberal* use of them. Like milk, they are not an essential food. We do not require them to give us strength. Neither the horse nor the elephant eat flesh — and they are hardly weaklings. So, if you have anything the matter with you, it may pay you to compare the butcher's bill with the fruit-vendor's — and do a little experimenting. Do you have high blood pressure, do you have headaches, do you feel rheumy?

Do your feet hurt?

They do? Then it's quite probable you are eating too much — too much meat — more than your blood can handle

and "keep cool" doing it. Especially, along with regulation potatoes, bread, etc. A little meat, or a little of some meat-substitute (dried beans, for example, since it is a starchy food with a good percentage of protein as well), followed by one, two or three — according to how hungry your day's activities have made you — non-starchy, succulent vegetables, a green salad — and sometimes a light dessert, make a generous enough dinner for anybody in the summer — and it allows for plenty of variety. Not only that, it takes less time and money to prepare it. Finally, and best of all, your feet will quit bothering you.

Some one might say, "So-and-so's feet trouble him, and he's a vegetarian." This would seem to prove, then, that it isn't meat that causes overheated blood, after all. And it isn't — entirely. It's just as apt to be too much starch. Vegetarians can stuff themselves as much as — and often more than — the "chop-lickers." An overindulgence in dried beans, lentils and peas, hominy, potatoes, rice, pastes, pastries, breads, flour-thickened batters, sauces, soups and gravies — brings on starch poisoning. To make it worse, the tendency is to use a good deal of sugar with these things — and starch and sugar just will ferment and provide you with an illicit still, regardless of where you stand on the prohibition question. Too, the whiteness of the sugar contributes to all this unpleasantness, since the refining process very successfully disposes of most of the sugar's natural mineral elements. The inevitable follows — rheumatism, catarrh, boils, or whatever one's predisposition is. Perhaps, if you have boils bad enough, or something else as painful, nature will consider that sufficient warning, and not add aching feet to your punishment. But whatever your outlet is — from wrong eating — you'll have to, eventually, be your own doctor, if you want to be cured.

To be sure, it may be partly a matter of shoes. Shoes that are uncomfortable,

nerve-racking; too tight, or too loose, in the winter will require just as many adjectives in the summer. It may be the kind of work you do is partly responsible. It may be—in the case of some persons—that their feet do not receive proper attention with reference to bathing. Feet—like hands—respond to good care. Callouses and nails need trimming, toes need drying between, ankles need strengthening through use. One of the benefits of living on the coast, is that people can get their shoes off more and, lying on the beach, give their feet frequent sun and air baths. By way of a substitute for this, it is a good idea to go barefoot about your room, at times, when you can. The fresh air will not only rest your feet, but harden them against the frosts of winter time.

I used to have feet that hurt in the summer, too. But I came to the conclusion that it wasn't a necessary evil.

However, this year I did have a brief return of the trouble—but the exception in this case only goes to prove the rule. I spent about ten days in the mountains, at a hotel, where whether breakfast, lunch or dinner, we were served with an abundance of "good, substantial" food—but little or nothing in the way of fresh, light things. As a result I acquired a ten-days' supply of toxin in my system, and a pair of very "touchy" feet. This was, of course, the natural sequence. On returning home it took the best part of a week to get straightened out—to feel I had recovered from the "substantials"—to get to the point where I could think of something else but how my feet hurt. The moral of this would seem to be: Don't go to mountain hotels. But no. It's this: Don't eat at home the sort of things you are obliged to eat when away from home.

Do your feet hurt?

The Pursuit of Success and Happiness

By Alice Margaret Ashton

"THREE meals every day!" wailed Betty Jackson, rebelliously. "Ten hundred and ninety-five meals every year—not mentioning extras—or leap year!"

"Taken one at a time, as they come along, a meal don't seem much of a chore," admitted her nearest and dearest neighbor, musingly. "But by the year, same as you say, a thousand and over does look pretty important!"

"And every day, dishes—dishes—dishes," persisted the rebellious one. "And beds to make. And dust on the chair-rounds. And tracks on the porch floor."

"An' burnt matches an' Pa's pipes," chuckled Aunt Martha, changing knitting-needles, complacently.

"Every day. Just the same foolish things. And when night comes what have I done?"

"Why, you've done your work, child. And extra good for a young housekeeper, I should say."

"But, what does it amount to? I've been at it for two years. I've learned to balance my menus and keep them within my food allowance. I've learned to bake a custard pie that doesn't soak the crust before dinner-time. Isn't that a noble beginning toward success?"

"Well, now, this spell of weather has been kind of trying to the nerves. And I expect you've been overdoing again. You must take care of your health, Betty." The tone was solicitous, even a little anxious. "These dark days are kind of depressing, always. And you not getting out as much as common and all!"

Betty's giggle held a hysterical quality. "This spell of weather may have crystallized my emotions," she admitted. "But

I've always felt that housekeeping, as a life occupation, is more or less futile.

"It doesn't seem fair, some way. All the high-sounding talk in the world doesn't alter the fact that women *do not* have equal rights with men!

"Look at Jimmie. Look at my brothers. Look at any man you choose. Every day's work gets them somewhere — so much nearer success in their profession. A man's work isn't just a senseless round and round if he possesses a spark of ambition. If ever I have a daughter —"

Suddenly the garment upon which she was sewing dropped into Betty's lap. The eyes she lifted to Aunt Martha were filled with tears. "If ever I have a daughter I'm going to teach her something to do — something that will make her successful and happy — something she can do in spite of marriage or custard pies or dust or babies!"

"Good land, now," exclaimed Aunt Martha, indulgently, "probably it won't hurt her a mite to learn it. But where's she going to find time to do it if all the other things happen to come her way?

"Don't you go getting the notion that housekeeping is any little or insignificant job, Betty Jackson!

"One meal doesn't seem much, just like we said. But when you consider them by the thousand, all well-cooked and tasty and satisfying! It isn't just washing the troublesome dishes after dinner, it's the clean, orderly pantry and cupboards, year in and year out!

"I declare, if making a happy, comfortable home for a body's family isn't being successful I'd like to know what is.

"Course, it is tedious," Aunt Martha admitted, "but I guess likely any worthwhile work is. I've always been kind of interested in different sorts of work; how it is done and all. And I've talked with nurses and clerks, and once with a real editor-lady! 'S far as I can see they all have just as many tedious and troublesome jobs as we do if they make any success.

"Success — good land! Look what a nice little home you have, all furnished comfortable and pretty. Look at the way Jimmie has gone ahead, and healthy and happy as ever I see. How far do you think Jimmie would have gone if you'd nagged or half-fed him or wasted what he earned?"

Betty's face was shining softly, now, all the discontent fading out of it.

"I'll tell you how a nice, happy home seems to me," pursued Aunt Martha, who firmly believed in striking while the iron is hot and possessed the courage of her convictions.

"I believe that sweet, frugal, happy homes, like the one you are making, are the backbone of any country. When a wife sends her husband to his work, happy and healthy and optimistic, she shares in his success just as much as if she went down to his office and worked by his side. When she is raising her children to believe in obedience and justice and honor, maybe it seems as if 'twas mostly —"

"Washing ears and dirty blouses," suggested Betty.

Aunt Martha laughed, but she was not to be side-tracked in her little preachment. "There's just two things a housewife needs, the way I see it, to be the biggest success of any woman in the world. She needs vision and gumption.

"Vision to see what making a real home really amounts to. And gumption to work as every one, man or woman, must work if they hope to succeed at anything.

"It isn't enough to have a vision of meeting her tired husband at the door, unless she is willing to bake the pie and set the table and scrub the front stoop!"

"Oh, Aunt Martha!" Betty's lips were gay with laughter, but her eyes were dark with a new understanding and a deep happiness. "I've always heard about the salt of the earth, but I never knew until lately what it meant — to live next door to it!"

The Use and Care of the House

By Charles A. King

FROM the moment the bride and groom place a foot upon the lower, outside step of their new home, there will be opportunities at every turn for careful use or thoughtless abuse of the house in which they live. Everything depends upon the habits in which they have been reared, for within them lie the potential factors, which result in either a low or high cost of maintenance, and of the minimum or maximum term of life for the house.

If, in ascending stairs, the foot is placed upon the step or tread with a sliding motion or "scuff," needless wear is brought upon the paint or finish, and the wood of the step, itself, for particles of sand or grit clinging to the shoe will grind through the paint and into the wood. Instead, the foot should be placed upon the step as though one were walking upon the ball of his foot, which causes the least wear upon the paint and wood of the step. In descending a flight of stairs, of which the treads or steps are narrow, if the toe be placed as close to the front of the step as safety permits, or if the body be in a sideways position, the risers will not be bruised by striking the heel against them.

The habit of pounding the heel heavily upon the floor, and turning on the heel forces the nails into its surface and results in unsightly bruises, which accumulate and can be removed only by planing. Even turning upon the ball of the foot will scratch a fine-polished floor; one should acquire the habit of turning from the ankle, throwing the weight upon the other foot. Hard wood floors should be protected against daily wear by strips of rubber carpeting, or by mats laid where the greatest wear comes; these can be removed when their appearance is undesirable.

Usually the door must be opened by grasping and turning the door knob, but it is closed by pushing against the door itself, instead of using the knob; if this be done too frequently it leaves finger marks that can be removed only by washing. Prevention of finger marks is the best remedy, hence, if every one in the house acquires this habit, of using the knob, it will prevent the undesirable accumulation and the need of severe cleaning. This is not all that is involved in so simple a matter as closing a door, for if the door be closed with a slam, after a difference of opinion, the jar may make a crack in the plastering above or beside the door. The slamming of a glass door may break the glass.

Often if a window does not open easily, one tries to start it by striking a sharp blow under the middle of the top rail of the lower sash with the ball of the hand. The rail of a single light lower sash will be sprung away from the glass and the jar of the blow will break the putty. A double-light sash will fare almost as badly, for the joint at the top of the muntin is not strong; instead, the attempt to start the sash should be made as near the end of the rail as possible, for the joint at the corner is made to resist a reasonable amount of this sort of treatment. It is an excellent plan to fasten a finger grip on the bottom rail and lift by that; never trying to start a sash by more than a light blow on the sides, for there is always the danger of breaking the putty.

Perhaps it is superfluous to call attention to the shiftless habit of scratching matches upon wall paper and woodwork, yet the writer knows of houses, occupied by presumably "nice people" in which the wall paper and woodwork of nearly every room in the house are thus decor-

ated. The defacing of wall paper and the promiscuous driving of nails into woodwork for the purpose of hanging picture cards and other so-called decorations, are evidences of slovenliness, which seem to accompany the same type of tenants. Poor rearing in the care of the house in which one lives is evidenced by marks upon the wall paper where heads have rested; an occasional mark of this sort may be laid to the carelessness of a visitor. For the same reason the bare hand should not come in contact with the wall paper, for the moisture of the hand may leave its mark. The child from his earliest toddling should be taught the habit of keeping chairs away from the wall, for only by long training will one automatically apply the care necessary to glance at the back of a chair before sitting in it to see that it is not touching the wall, and to be sure that the back ends of rockers are not in contact with the base board or with another piece of furniture.

No part of the house has greater potentiality for trouble than the plumbing fixtures and their connections. One of the first things the new occupant should do is to locate the shut-off, for in case of an overflowing closet tank, or a frozen or burst water-pipe, which has no special shut-off, the water must be shut off the whole house and the plumber sent for. Often after the water is caught by freezing, the application of a little hot water at the shut-off, first, and then at any other place where the pipe would be likely to freeze, will allow the city pressure to start the water in the pipes; in doing this the cocks must be left open to prevent back pressure and to allow the water to start. If a very cold night is probable, the water should be shut off and the pipes drained by opening the cocks. If the house is to be unoccupied or left vacant for any considerable length of time, possible disaster should be anticipated by opening the shut-off and draining the pipes, but if the house is to be closed during the winter months in a

climate in which very cold weather is possible, the traps should be filled with salt or kerosene oil. In storing articles in the cellar trouble may be saved by using care that they do not interfere with access to the pipes or wires, for it may be necessary to reach them quickly for inspection or repairs. Carelessness in using enamelled sinks and other fixtures, for example, the dropping of an iron pot, may break the enamel, which cannot be repaired, will remain a testimony of thoughtless treatment.

Whether the house be heated with stoves, radiators or furnaces, the circulation of artificial heat will extract the moisture from the atmosphere, until the frame of the building and the finish will shrink and the joints open, and chairs and tables become rickety. To remedy this there should be facilities for the evaporation of water; at least a quart of water a day should be evaporated in an average-sized room. A pan of water may be kept upon each radiator; but if the house be heated by a hot-air furnace, there will be a water tank on the air chamber which should be kept well filled. Occupants of rooms in which the air is too dry are peculiarly susceptible to colds, so the evaporation of water serves a double purpose.

The man of the house should be familiar with the operation and care of the heating, plumbing and lighting systems and with the principles involved. He should know the location of all traps, clean-outs, electric switches and fuses and their sizes, and the location and function of all valves controlling the heating system. The application of this knowledge will be of great importance, not only in attaining maximum efficiency, but in saving expense in making repairs. All cocks should be used frequently to be sure the water has not evaporated from the traps. If the man does not understand these things, it will be economy to call a mechanic to explain the systems.

Nothing imparts quite the same effect of general dilapidation to the exterior of

the house as a screen door, of which the screening has become bagged by the thoughtless habit of opening by pushing against this instead of the wood of the door. This particular sin against the laws of reasonable care is inexcusable in an intelligent household.

Pure air is the best, the cheapest and the most easily applied of all disinfecting and deodorizing agencies, and is indispensable in securing heating efficiency. Usually, during the summer months, the windows are opened sufficiently to insure plenty of air, but during the winter months the house should be thoroughly aired at least once, or better, twice a day. Often when heat is present in the radiators, the room does not seem to warm up. This may be due to poor building construction and a searching wind, or to the lack of "live air." Air may be "dead" from the lack of oxygen; in which case the heat is not carried away from the radiator by circulation, which is necessary for the efficiency of any direct heating system. One who has tried in vain to heat vitiated air, and then opened the window and allowed air of zero temperature to circulate through the room for a few minutes will need no further proof of the value of fresh air, as an accessory to the heating system.

Certain housewives believe that the liberal use of hot, soapy water and elbow grease is the only method of attaining perfect cleanliness, and wonder why their homes do not appear so well as the homes of others whom they consider poor housekeepers. Hot, soapy water is the enemy of paint and varnish. Excepting in extreme cases, the use of tepid water, with a little kerosene oil or borax, or one of the many commercial preparations for that purpose, applied with a soft cloth, should be used instead of scrubbing. The continued careless washing of the floor, or dragging the mop or scrubbing brush along the baseboard will destroy the finish of the latter. By dragging a dust cloth along the delicate surface of the wall paper, while dusting the base mould-

ing, the top of wainscoting or of a mantel, its surface will be defaced, thus the very desire for cleanliness results in a condition which is quite as displeasing to the discriminating observer as the presence of a few specks of dust. This may be remedied by carrying a piece of conveniently shaped pasteboard or of sheet metal in one hand to protect the paper while working with the other hand. The defacing of the finish around metal knobs and trimming, made by polishing them, may be prevented by fitting them with pieces of pasteboard.

The comfort of a home depends in a great measure upon small things, and in every home there should be a small kit of tools which should include a hammer, a screw driver, wire-cutting pliers, a jack-knife, a small saw, an oil can, and a box, each, of assorted nails, screws and tacks. The frequency with which such an outfit is used is astonishing. A loose screw needs tightening, a door squeaks and a drop of oil remedies the annoyance, or makes a set of castors move smoothly; the wiring of the electric bell may need attention, or a new battery, and any one with a shade of gumption can do these and a dozen other odd jobs to save waiting for the trouble man and the annoyance of the defect itself.

There is an excuse for the landlords' unwillingness to rent property to families with children, for they have learned to their cost that children are of unknown potentiality for disfiguring and misusing a house. Parents who find sufficient excuse for the marking or the tearing of paper from the wall, marking and defacing the finish or the painted exterior of the house, splitting clapboards, shingles or breaking roofing slates by throwing balls upon them, and the results of other forms of unguided childish energy by saying, "They are only children," as though that should effectually remedy any damage the children may have done, are largely responsible for the difficulty they experience in finding places in which to live. Another type of tenant, too

common, is represented by the woman who in moving a table from one room to another made an ugly scratch and broke a piece out of the corner of a new, carefully finished door jamb; it is unquestionably true that accidents may happen, but her comment, "I don't care, it isn't my house," did not indicate an appreciation of the spirit of the golden rule. The remedy for these two types of renters lies with parents, for with the beginning of the child's ability to do mischief

should begin the application of corrective, or better still, preventive discipline, by so training the child at the earliest possible moment as to create and foster a sentiment of respect for property and property rights, and, especially, against defacing and disfiguring his own home, whether owned or rented. What animal but the untrained child, or the adult, with an untrained childhood behind him, will be guilty of "befouling his own nest"?

A Visit from the Plumber

By A. Borden Stevens

NO, let her stay; I like cats and dogs and children. Got a lot of each, myself. Yes, we're a large family; raised seven out of fifteen. Fine boys they are. Two went into the navy. Well, they wanted to go, so what was the use of stopping them? They are good boys. One of them learned the plumber's trade, but as soon as he had it learned, he wanted to go to sea. Engineer, he is.

Take to the water, every one of them. As soon as they can walk I take them down to the end of the wharf, and they walk right in. Gurgle, gurgle, not a bit afraid, not they! They love the water; always lived around it. It was me saved that crazy woman who jumped in with her child the other day. They gave her all the credit, didn't give me none. She gave me a lot of trouble, too. But I never said much about it. Somebody took it up, and there was talk of a reward. I never said much about it; I figured if they didn't want to, it wasn't up to me. As long as they was out, it was all right.

Never been sick a day, and worked hard all my life. Would you take me for

over sixty? No, nobody does. I've never been sick a day, but I've broken every bone in my body; yes, sir, every bone. Broke up arms, legs, ribs, and face, in some machinery, once; was in the hospital for weeks. The doctor said he must cut off my leg. I told him no, to cut off my head, if he wanted to, but not my leg. He put in two plates, and fastened them with screws. Fine job. Trouble me? Well, that time I was in the water so long they got chilled, and I couldn't walk for a day or two, that's all.

Say, if that drain pipe was smaller, it wouldn't clog up. The waste water doesn't touch all sides when it runs through. If it did, it would keep it flushed. 'People say the bigger the drain, the better; 'tain't so. The smaller the drain the better it takes care of itself. If that was a two-inch pipe instead of a three-inch, it would be all right. Put some lye down about once a month. It will help to keep it clear; coffee grounds are good brushes. Don't put tea leaves down! They aren't the same thing.

Yes, I like cats and dogs and children. Got a lot of each, myself. Grandchildren, too. Lonesome? I should say not!

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF
Culinary Science and Domestic Economics

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RECOMPENSE!

There's a haze in the autumn twilight
That entrances the weary heart
With a feeling of rest and calmness,
As it revels in nature's art!

There's a power in the thought it tokens
That the years cannot dim the soul,
As the twilight of life approaches,
And it reaps of its life sought goal.

There's a prayer in the heart of gladness
To God for his kindly plan —
That justice will some day be granted,
To encircle the deeds of man.

Caroline L. Sumner.

IN A NUTSHELL

ACCORDING to an Associated Press dispatch, in an address at Niles, Ohio, Frank O. Lowden, former governor of Illinois, is reported to have set forth most effectively the situation, which now confronts our republic. He said in part:

"Federal aid, generally speaking, is a bribe offered to state governments to surrender their own proper functions.

There is scarce a domain in the field of government properly belonging to the

municipality or the state which the federal government is not seeking to invade by the use of the specious phrase 'federal aid.'

The bureaus in Washington tasted the delights of power over fields which before had been exclusively occupied by the states. Propaganda, that new-found weapon of all causes, good and bad, was employed to perpetuate these new powers.

If the number of public employees continues to increase as rapidly as it has in late years, we will, within a reasonable time, witness the phenomenon of our population divided into two classes, those holding public office, a minority, and all others working to support the minority in office. From that condition to the Soviet form of government is but a single step.

The local municipality should be required to provide its own revenue for its own needs and should not be given aid by the state. Likewise, the state should be compelled to provide its own funds for purely state needs. The Federal government should appropriate only for those interests which are purely of national concern and clearly within the purposes for which the Federal union was established. No more expensive phrases have been invented in recent years than 'state aid and Federal aid.' "

All this is common sense. We want fewer laws and less of government. We want, also, more effective execution of laws already enacted. To any and all increase of public expenditures at the present time we are opposed. Instead of devising ways and means to increase revenue and raise taxes, we would that our legislators cut out needless, wasteful expenses and appropriations, and so diminish, legitimately, the excessive burdens of present taxation. Tariffs are ever fraught with mischief and evil — a main source of corruption and selfishness. Tariff laws and the Golden Rule are quite incompatible. Beware of this policy; it is a menace to good government. As never before, the nations of

the earth have become neighbors and as such we must deal with them.

SECRETARY HOOVER ON RATES

REDUCTION of freight rates and resumption of railroad expansion are the two sources from which the country may get its strongest impulses toward economic betterment, Secretary Hoover declared, as a witness in the interstate commerce commission investigation of transportation charges. The first, he said, depends on a reduction of operating costs, and the second on restoration of railway credit.

"Incidentally, rail wages should not be expected to go back to pre-war levels," he said, "but should follow downward, step by step, the cost of living, and the rates' decreases should be so applied as to maintain railroad revenues, and restore the confidence of investors in ultimate railroad earning power.

"We talk glibly of giving billions of credits to foreign countries to increase our farm exports," Mr. Hoover said. "I wish to say, with all responsibility for the statement, that \$1,000,000,000 spent upon American railways will give more employment to our people, more advance to our industry, more assistance to our farmers, than twice that sum expended outside the frontiers of the United States — and there will be greater security for investors."

There is danger that in the present period of low earnings and little traffic, the needs of the railroads in new construction, equipment, betterments and maintenance will be neglected, with resulting breakdown of transportation when a full load is put upon them by industrial resumption. This should be averted, even by the extension of government indorsement on railroad securities, whose sale would give bonds for expenditure on equipment. The commission's efforts should be devoted, he said, to a policy of "maintaining public control of monopoly, and at the same time maintaining private initiative."

A COMPARISON OF TRAITS

THE masculine trait, held in common by the greatest number of males, may be truthfully said to be, self-sufficiency, says one.

A man is generally more self-satisfied than a woman. This is not wholly undesirable, but as a masculine trait it may be carried to the point of being somewhat disagreeable. Many women of today "hitch their wagon to a star," or some equally high-minded achievement. The average man is usually satisfied with his daily home comforts of meals and rest with his family about him. He is not reading up on Anatole France, or trying to interpret the "new verse." And, we are not blaming him for these omissions, but this mental satisfaction results in his lack of broad vision, general culture, which the wife is acquiring, yearly, through her clubs, general reading, and various sources, because she craves it and is not self-sufficient.

A second offense comes from the husband's assurance that once for all he is married, has got the girl of his choice, and why continue running for the street car when you have once caught it? The wife wants courtship to last through life. He gives the matter little, if any thought, now they are once settled. She goes on idealizing the marriage relation, and eating her heart out for the tender nothings, which came so voluntarily before they were "one." He would be astonished beyond words if he knew how much she would love to have him take her hand and hold it tenderly, as he used to do. He does not mean to be cold, or unresponsive; he is just self-sufficient.

Where the husband is a good money-maker he is apt to be too absorbed in that, alone. Of course, much must be allowed in extenuation for this fault, as the present demands on the money-maker are enormous. But, carried almost to the point of exclusion of all other interests, it becomes a very grave fault, and the source of great unhappiness for all con-

cerned. Too many men who are money kings cease to cultivate any other talent they may have. They fall into the rut of money-making, and it has been said that the only difference between a rut and a grave is in the dimensions.

If there be children, this average husband enjoys them, of course, because they are his, and especially when they are very good, but he leaves their bringing up almost wholly to their mother. He is satisfied, if they appear daily before him, clothed, clean and respectful. As to growth in character they are achieving, he leaves that to the wife, and chance. Not so with her. She is thinking every hour, either consciously or sub-consciously, about her girl and boy, and praying with all her heart that they may measure up, finally, to the full stature of womanhood and manhood. And, right here, perhaps, is also the time to say that the husband's self-absorption prevents him from exercising a general appreciation of his wife's cares and responsibilities. As one of our editors, in a recent editorial, spoke of the housekeeper getting the credit of having "no occupation," so this husband, to a degree, regards his wife's activities. It's because he does not have to pay her a wage or salary that he holds this view.

When it comes to the social side of life, the wife must, largely, go it alone, and build up whatever social relations they maintain in the community. It is to be admitted that he is not much to blame here, for the long hours of American business life leave little time for aught else, and, beside, he is really too tired, when he gets home, to go out again, perhaps for half the night. There ought to be a remedy for this, but business hours will have to be shortened to effect it.

However, with all his faults we love the average husband, still, and if he will just wake up a bit and realize that wife is a good pal, and that she wants to have a good time, and wants, still more, for *him* to have a good time, as they walk the pathway of life, that leads to the distant

goal, I think he will slough off most of his self-sufficiency.

S. S. M.

AMERICAN COOKERY

AMERICAN COOKERY is designed and conducted solely in the interests of housekeepers, active and prospective. While its contents are presented under several departments, food, economics and home making is the one subject which pervades them all. Nothing in the way of healthful, prudent, economic living and especially culinary matters is overlooked or neglected. In this line the periodical is specific and concentrated. In short, in culinary and domestic science it is a special periodical.

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MY MUSE

She's not in faultless vesture garbed,

My muse;

Nor has she wit that's gayly barbed,

To use.

Old themes she brings me, humble, tame,

To choose;

And oft, alas, her feet are lame.

But if, through her, one song I sing,

Infuse

A hope in some sad heart, or bring

Peace, or joy for life's lament,

With this one thing I am content.

Harriet H. d'Autremont.



SPRING VEGETABLES: KALE, RADISHES AND CHINESE CABBAGE

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Maigre Soup (Vegetable)

GRATE one large onion, and let cook until well browned in two tablespoonfuls of butter. Add to one quart and one-half of boiling water, to which a cup of chopped cabbage, Brussels sprouts, or green leaves of lettuce have been cooked, together with one leek, one carrot, one stalk of celery, and one-half a red or green pepper, all fine-chopped. Let the whole cook slowly for an hour; then add one cup of sifted tomato, with seasoning of one teaspoonful and one-half of salt, one half a teaspoonful of pepper, a little powdered dried thyme, and a speck of paprika. Let simmer for ten minutes; strain, thicken with three tablespoonfuls of flour, rubbed together with three tablespoonfuls of butter, stir until the whole boils, and serve with bread sticks or croûtons.

St. Patrick's Day Salad

Choose, if possible, three-lobed green peppers; cut a slice from the top of each,

remove the seeds, and stuff the peppers with cream cheese, seasoned with a little white pepper, paprika, onion juice, and tinted with spinach green. Pack the stuffing in firm, then, with a sharp knife, cut across into slices about an eighth of an inch thick. These will then be shamrock shaped, and may have a thin strip of green pepper attached to simulate the stem. Four-lobed, green peppers will be four-leaved clover shape. From one to three of these may be served to each guest, placed on a bed formed of fine-grated raw carrot, fine-chopped white stalks of celery and chopped leaves of dark green lettuce, arranged in concentric circles, or any preferred design, on a bed of white heart-leaves of lettuce. Serve with either white or green mayonnaise.

Salpicon of Lemons in Lemon Shells

Choose six lemons of good size, and cut from the stem end a thin slice of the outside rind, sufficient to let each lemon stand upright. Cut from the blossom

end a piece large enough to expose the pulp. With a sharp, narrow-bladed knife, scoop out all the pulp, and then remove the membranes, leaving clean, white lemon shells. For filling for six shells there will be needed a box of boned sardines, a half-dozen anchovies, and a couple of sweet, green peppers. Chop all very fine; mix with fragments of lemon pulp and moisten with lemon juice. Fill into the shells, place a pimienta on top of each, and also a scraping of horseradish, and serve on small plates with watercress.

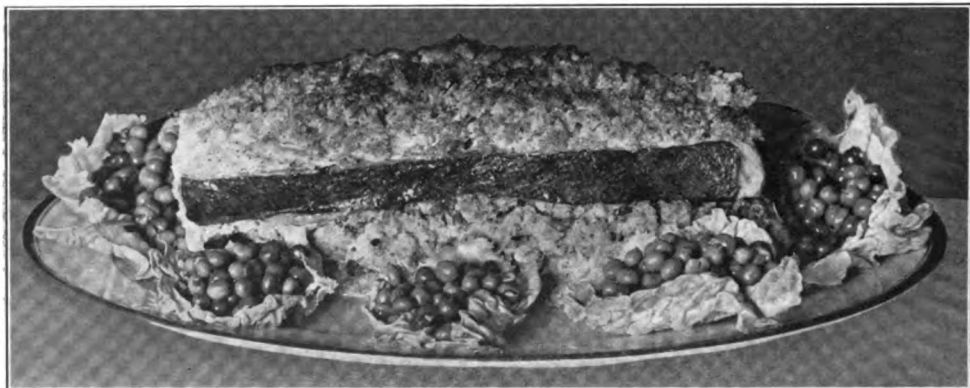
Stew of Beef and Calf's Head

Parboil in salted water one calf's head, until the meat can be easily cut from the bones. With a sharp knife divide it into

either water, butter, or a mixture of the two, and stirred into the stew-pot. Add the pieces of calf's head, one tablespoonful of lemon juice, and one-half a cup of currant jelly. Garnish the dish with hard-cooked eggs, cut into quarters, lengthwise.

Vegetable Omelet

To one pint of well-seasoned, mashed potatoes add two tablespoonfuls, each, of fine-chopped chives, parsley, scraped onion, and sweet red or green peppers. Moisten the whole with one-fourth a cup, or more, of rich gravy or stock. On a warm frying-pan melt one tablespoonful of butter or other fat, spread the seasoned vegetable mixture over the bottom of the pan, cover close, and let cook over a



HALIBUT STEAKS. BREAD DRESSING

small, neat squares, and set aside. Cook in the liquid, in which the head was boiled, one pound and one-half of lean beef, cut in small pieces, one-half a pound of lean ham or bacon, one onion, one bay-leaf, one sprig, each, of thyme, sweet basil, sweet marjoram, and parsley — or as many of these herbs as are available — also one stalk of celery, cut in one-half inch pieces. Make up the volume of the liquid to one quart, by adding water if it cooks down. Let all simmer for two hours, or until beef is tender, then thicken, slightly, with one-fourth a cup of browned flour, blended smooth with

rather slow fire for thirty minutes, or until a rich brown crust has formed on the under side of the omelet. Remove cover, dust the upper side with grated cheese, and place in oven, or under the gas flame, until top is browned. Fold over same as omelet; turn out on hot platter, and garnish with cress.

Halibut Steaks Bread Dressing

Have two halibut steaks cut about one inch and a half thick. Brush over the steaks with oil, and sprinkle with lemon juice, salt and paprika. Lay thin slices



TIMBALE CASES FOR CHICKEN À LA KING

of salt pork on a fish sheet. Place one of the steaks above the pork. Cover this steak with dressing, and place the second steak above the dressing; cover this steak with dressing, and dot, generously, with butter. Bake forty-five minutes, basting frequently with the salt pork drippings. Remove to a serving dish; serve with Hollandaise sauce.

Dressing for Halibut Steaks

Mix one cup and a half of soft bread crumbs with enough milk to moisten them, one teaspoonful of onion juice, one-half a teaspoonful of salt and one-eighth a teaspoonful of paprika.

Timbale Cases for Chicken à la King

Beat two eggs, slightly, with one-fourth a teaspoonful of salt; — add, alternately, one cup of milk and about one cup of flour, and beat until the mixture is smooth throughout.

Have ready a kettle of hot fat; set the

timbale iron to be used into the fat to heat; when hot dip the iron into the batter, not allowing it to come over the top of the iron.

Return to the hot fat, seeing that the fat comes well above the iron. Cook from twenty to thirty-five seconds; then tilt the iron to remove all fat; remove the case with tissue paper and set on paper to drain.

Chicken à la King

Melt two tablespoonfuls of butter; in it cook one-fourth a pound of fresh mushroom caps, peeled and broken in pieces, and half a green pepper, cut in shreds; stir and cook until the moisture is evaporated somewhat. In another saucepan melt two tablespoonfuls of butter; in it cook three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth a teaspoonful of paprika; add one cup of thin cream and one cup of hot chicken broth and stir until boiling; cream two tablespoonfuls of butter, beat



PLANKED HAM FOR EASTER

in two egg-yolks, one at a time, and stir into the hot sauce; without boiling, continue to stir until the egg is set; add the mushrooms and pepper, the hot breast of a large chicken, cut in pieces about an inch square, with a teaspoonful of lemon juice, and, if desired, a few drops of onion juice. Serve in timbale cases.

Planked Ham for Easter

On a well-oiled broiler broil a slice of ham ten minutes, turning frequently. Place on a plank; through a pastry bag and tube, decorate the edge with mashed potato, made by beating together one cup of riced potato, one tablespoonful of butter, one-half a teaspoonful of salt and the yolk of one egg. Place plank in oven until potato border is slightly browned;

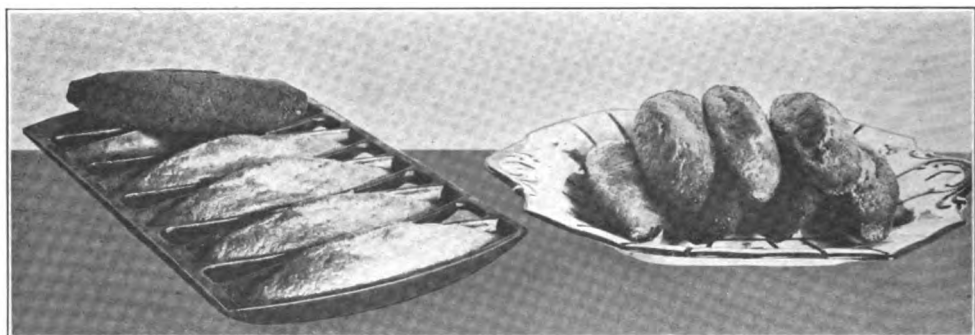
ten or fifteen minutes, and serve in ramekins.

Crusty Rye Muffins

Sift together one cup of white flour, one cup of rye meal, one teaspoonful of salt, four teaspoonfuls of baking powder, and one-fourth a cup of sugar. Beat one egg until light; add one cup of milk and stir at once into the dry ingredients. Add two tablespoonfuls of melted butter; beat thoroughly and bake about twenty-five minutes in hot, well-buttered iron gem pans.

Saratoga Chips

With a cutter, made for the purpose (or with a sharp knife), cut pared potatoes into uniform thin slices. Let stand in



CRUSTY RYE MUFFINS

remove from oven, add fried eggs and apple quarters, cooked in a syrup made by boiling together one cup of sugar and one-half a cup of water.

Ramekins of Chicken, Mexican Style

Cook in two quarts of water one four-pound chicken, and when done cut off the meat, and chop rather coarse. Thicken the chicken stock with one cup and one-fourth of well-washed rice, and let cook very slowly until the rice is soft. Add the chicken, and season with salt to taste, also, one-fourth a cup of tomato catsup, one tablespoonful of Chili sauce, and one tablespoonful of fine-chopped green pepper. Let the whole simmer for

cold water two hours, changing water twice. When ready to cook, fry a few slices at a time in hot fat. Use a frying basket. Shake the basket over the fat when the potatoes are done, and turn the slices on to soft paper. Sprinkle with salt. When properly fried the slices are a delicate light brown in color and very crisp; if soggy the slices were not cut thin enough.

Veal Delicate

Cut one pound and one-half of veal steak in pieces about two inches square, roll in flour and sprinkle with salt; sauté in salt pork fat with a slice of onion; remove and discard onion. Add one cup and one-half of hot water to veal,



VEAL DELICATE

cover and cook one hour in a slow oven. When cool chop veal, season with a dash of pepper and mix with the liquid in which it was cooked. Arrange in individual baking dishes; put mashed potato on each dish and brown the potato in a quick oven.

Carrot Purée

Make a quart of medium sauce, using one-half a cup, each, of butter and flour, the butter softened, and the flour rubbed into it to a smooth paste, which is added to a pint of hot stock, stirred until it begins to thicken, then a pint of thin cream or rich milk is added, with seasoning of salt, pepper, and onion juice to taste, and the whole is stirred until it boils. To this foundation there is added two cups of fine-grated, raw carrots, and the whole is cooked for ten minutes longer at a low heat, or the kettle is covered and set into a pan of hot water.

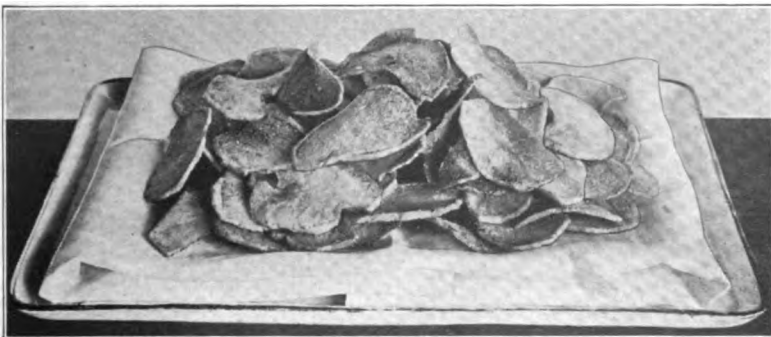
The carrots should be grated, not chopped. Serve, garnished with olives, stuffed with sharp cheese.

Filets of Sole with Spinach and Creole Sauce

Prepare eight filets from two large flounders, and let simmer barely for ten minutes in hot water acidulated with vinegar. Cook one quart of fresh spinach in the water that clings to the leaves; then chop, place on the bottom of a greased casserole or baking-dish, and over it arrange the filets. Pour over them the Creole sauce, cover with a little grated hard cheese, and put the whole into a moderately hot oven for fifteen minutes, or until the cheese begins to brown.

Creole Sauce

Sift one can of tomatoes, season with one teaspoonful of salt and a little cayenne. Add one cup of mushrooms,



SARATOGA CHIPS

first browned in butter on a hot pan. To the butter left in the pan add two tablespoonfuls of flour, and stir smooth; add to sauce, and let the whole cook, stirring all the time, until thick. Add two teaspoonfuls of onion juice, and one green pepper, seeds and white membrane removed, and very fine-chopped. Pour the whole over the filets, as directed. This sauce is good with any kind of fish.

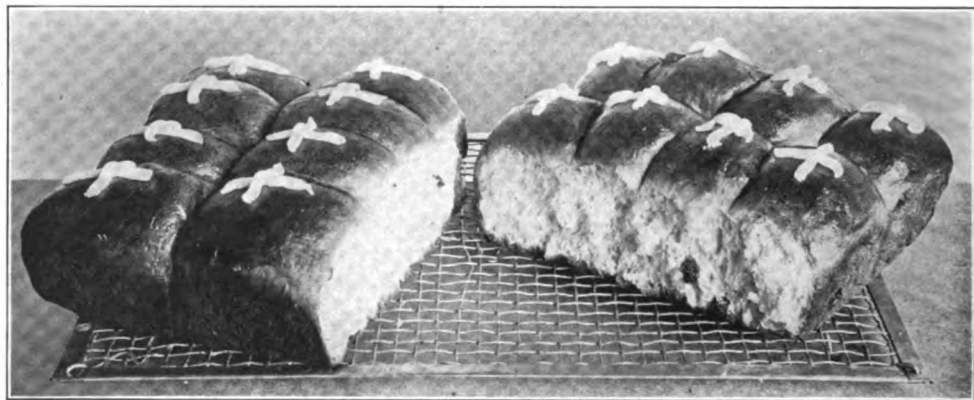
Spiced Figs

Make a syrup of one pound and one-half of sugar, one cup of cider vinegar, one-half a cup of water, and cook in it, tied in thin cheesecloth, one ounce, each, of whole pepper and stick cinnamon, and one-half an ounce of cloves. Add one orange and one lemon, cut in slices and

elastic, and has absorbed the moisture, for no more flour should be added; then knead it very thoroughly, until it cannot be made to adhere to the board or hands. Stretch in the same manner as strudel dough, and spread with the following mixture: One-half a pound of grated hard cheese, four ounces of sultana raisins, two ounces of almonds, blanched and ground, a tablespoonful of thin-sliced citron, the grated yellow rind of one lemon, one-fourth a cup of sugar, and two beaten eggs. Roll the dough after it has been spread. Bake until brown and crisp, brushing the surface occasionally with butter or cream. Serve while hot.

Hot Cross Buns

Add one yeast cake, dissolved in one-



HOT CROSS BUNS

the seeds removed. Boil the syrup for half an hour, then add three pounds of figs, previously steamed, and let cook slowly for an hour or an hour and one-half longer. The spices may be removed when the figs are put into the syrup.

Prunes, dried apricots, or peaches may be spiced in the same manner.

Dutch Cheese Cake

Make a dough of one cup and one-half of flour, sifted with one-fourth a teaspoonful of salt, and mixed with one very stiff-beaten egg, stirred into one-third a cup of warm water. Knead the dough carefully, at first, until it becomes

fourth a cup of lukewarm water, to one cup of scalded-and-cooled milk; stir in enough flour to make a smooth batter; cover and set in a warm place for one hour. Add one beaten egg, one-half a teaspoonful of salt, one-half a teaspoonful of cinnamon, one-third a cup of seedless raisins, one-third a cup of sugar, one-fourth a cup of melted butter, and flour to knead. Knead until elastic. Set again to rise to double its bulk. Shape in round balls and place in pan one inch apart; when again doubled in bulk bake twenty minutes in a hot oven. Brush over with beaten yolk of egg and return at once to oven for three minutes.



GRAPEFRUIT PIE

When the buns are cold make a cross on top of each bun with a frosting made of confectioners' sugar.

Grapefruit Pie

Line a deep pie plate with paste; prick sides and bottom in many places, and bake until a delicate brown. In a saucepan stir and cook one cup of water, one cup of sugar, three tablespoonfuls of cornstarch, one-eighth a teaspoonful of salt, and the juice of one grapefruit. Beat, slightly, the yolks of two eggs; blend these with a little of the hot mixture, and add, very slowly, to the contents of the saucepan, which have boiled five minutes. Remove from stove, as soon as the egg is stirred in, and set aside to become cold, when it is used as a filling for the pastry, which should also be cold. Beat the whites of three eggs

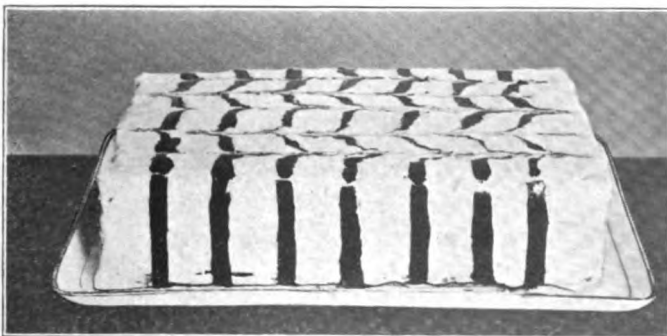
until almost stiff, add, gradually, beating meanwhile, six tablespoonfuls of granulated sugar; then, slowly, beat in two teaspoonfuls of grapefruit juice; pile above filling in pie and let brown slightly in a moderate oven.

Cake

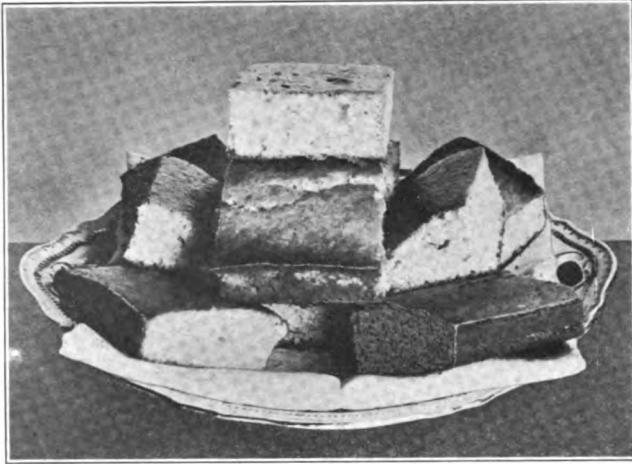
Cream three-fourths a cup of butter; add, gradually, two cups of sugar; then add one-half a cup of milk, alternately, with three cups of flour, mixed and sifted with two teaspoonfuls of baking powder. Fold in the whites of six eggs, beaten stiff. Bake in two layers. Put together with

Fig-and-Nut Filling

Chop one-half a pound of figs and six blanched Castine nuts very fine; cook with two tablespoonfuls of sugar, the



CAKE WITH FIG-AND-NUT FILLING



SALLY LUNN

juice of half a lemon and one-third a cup of water until a smooth paste is made.

Frost the cake with confectioners' frosting, flavored with vanilla. Melt one-half an ounce of unsweetened chocolate over hot water; add one-fourth a teaspoonful of butter and stir together. Working quickly before the white frosting and chocolate are cold, with a camel's hair brush that has been dipped in the chocolate, draw parallel lines across the frosted cake. With the back of a silver knife blade, cut through these lines, first in one direction and then in another. If the bowl in which the white frosting is made and the bowl in which the choco-

late is melted are kept over bowls of hot water while the cake is being decorated, the result is more satisfactory.

Sally Lunn

Sift together two cups of pastry flour, one-fourth a teaspoonful of salt, three tablespoonfuls of sugar, one-half a teaspoonful of soda, one teaspoonful and one-half of cream of tartar. Add one-half a cup of milk to one egg, and the yolk of another, well beaten, and stir into the dry ingredients; add three tablespoonfuls of melted butter; turn into a buttered, shallow pan and bake twenty-five minutes. Serve hot.



POTATO LAYER CAKE, MARSHMALLOW FROSTING

Moscow Tea Cakes

Beat four eggs just enough to mix, and mix with one cup of heavy sour cream, and one cup of granulated sugar. Add one-fourth a teaspoonful of baking soda, dissolved in one teaspoonful of water, and stir until it froths; then add flour enough to make a soft dough. Roll thin, spread with butter, fold over and roll again as for pastry, and repeat until a cup of butter, or a mixture of butter with lard, has been used. This should take about four rollings. Lastly, roll very thin, and spread over with one cup of fine-chopped blanched almonds, mixed with a little sugar and cinnamon. Cut into rounds, place on greased baking sheet, and bake in a hot oven until brown.

Potato Layer Cake

Cream two-thirds a cup of butter, and, when light and creamy, work in two cups of granulated sugar. Beat in the beaten yolks of four eggs, and one cup of mashed potatoes, preferably warm. Add, alternately, one-half a cup of milk, mixed with one-half a cup of left-over cocoa or chocolate, and two cups of flour, sifted with one teaspoonful, each, of salt, cinnamon, cloves, and nutmeg, and two teaspoonfuls of baking powder. Lastly, beat in the beaten whites of the eggs. Bake in three layer-cake pans, first greased and then floured, and when done spread with raspberry jam between the layers and sift powdered sugar over the top, or cover with marshmallow frosting.

Black Coffee Frappé

Pulverize in a Turkish coffee machine enough fine-ground coffee to make one-half a cup. Boil a pint of water and a pound of sugar for ten minutes, or until a very slender thread is formed; add the coffee, which should be blended smooth with cold water, and let cook for ten minutes. Cover and let cool; add the stiff-beaten whites of two eggs, mix all very thoroughly, and let freeze. Serve

in small glasses with sweetened whipped cream and sections of lemon pulp on top.

Rhubarb-and-Strawberry Sherbet

Cut into one-inch strips three pounds of rhubarb, and let cook in water to cover until quite soft. Add one cup and one-half of sugar and stir until dissolved; remove from fire, mix with one pint of strawberry preserve, and sift the whole through a colander. Add the juice of a lemon, and one-half a cup of fine-chopped preserved ginger, and freeze.

Roumanian Beef and Beans

Put through the meat chopper one pound of quite lean beef. Season with one teaspoonful of salt, one-fourth a teaspoonful, each, of black pepper and paprika, and a teaspoonful of onion juice. Mix with one very stiff-beaten egg, and form into six cylinder-shaped rolls. Let steam for thirty minutes. Meantime have ready three cups of baked beans, sifted through a colander, and mixed with three onions, first boiled, then chopped and cooked in hot fat on a pan until slightly browned. Make a mound of this mixture in the center of a platter, and arrange the beef rolls around it, alternated with small bunches of cress. A tomato sauce goes well with this dish.

Potato-and-Herring Pie

Pare six potatoes, slice very thin, season with white pepper, and mix with one cup of chopped celery and one-fourth a cup of scraped onion. Put into a baking dish, in which two tablespoonfuls of butter have been melted, and toss the vegetables in the butter until they are coated with it. Chop the meat of two salted herrings, which have been soaked in cold water for one or two hours; mix this with the vegetables, and pour over the whole one cup of fish stock, milk, or water. Cover with a baking powder biscuit crust, and let bake for three-quarters of an hour in a moderate oven. Brush over the crust with melted butter before done.

Seasonable Menus for Week in March

SUNDAY	<p>Breakfast Grapefruit Puffed Wheat, Oven-crisped, Cream Codfish Balls Wholewheat Raisin Bread Coffee</p> <p>Dinner Planked Sirloin Steak Potato Balls Boiled Onions Mushrooms Lettuce Salad Hollandaise Sauce Rhubarb-and-Strawberry Sherbet Sponge Fingers Black Coffee</p> <p>Supper Pigs in Blankets Buttered Toast Stewed Figs Cocoa</p>	<p>Breakfast Stewed Apricots with Prunes Barley Crystals Lamb Chops Raised Date Buns Coffee</p> <p>Luncheon Creamed Canned Salmon Riced Potatoes Baked Apple Dumplings, Jelly Sauce Tea or Milk</p> <p>Dinner Brown Stew of Mutton Mashed Potatoes Stewed Celery Hot Gingerbread with Whipped Cream Coffee</p>	WEDNESDAY
	<p>Breakfast Apple Sauce Gluten Grits, Chopped Figs, Top Milk Soft-Cooked Eggs Bread Pancakes Coffee</p> <p>Luncheon Carrot Purée Broiled Honeycomb Tripe Baked Potatoes Fruit Cup Tea or Milk</p> <p>Dinner Fricassée of Chicken Rice Timbales Baked Carrots Raisin Pie Lemonade</p>	<p>Breakfast Cream of Wheat with Baked Apples Scrambled Eggs and Tomato Graham Toast Coffee</p> <p>Luncheon Maigre Soup Vegetable Omelet Dutch Cheese Cake Cocoa or Milk</p> <p>Dinner Fresh Ham Steaks Potatoes Boiled Young Cabbage Date, Bread Custard Coffee</p>	
MONDAY	<p>Breakfast Orange Juice Sautéed Sliced Scrapple Oatmeal Muffins Coffee</p> <p>Luncheon Chicken-and-Corn Patties Moulded Spinach and Egg Potato Layer Cake Cocoa or Milk</p> <p>Dinner Roast Loin of Mutton Currant Jelly Sauce Browned Potatoes Coleslaw Lady Locks Coffee</p>	<p>Breakfast Oranges Rolled Oats, Cream Fish Hash French Rolls Coffee</p> <p>Luncheon Potato-and-Herring Pie Apple-and-Celery Salad Canned Peaches Mocha Cakes Tea or Milk</p> <p>Dinner Filets of Sole, Creole Sauce Mashed Potatoes Boiled Cauliflower Loganberry Pie Coffee</p>	THURSDAY
	<p>Breakfast Sweet Russet Apples Ralston's Wheat Food Egg Toast Coffee</p> <p>Luncheon Hashed Chicken Livers and Potatoes Sliced Pickled Beets Pea Timbales Canned Pears with Whipped Cream Currant Cake Tea or Milk</p>	<p>Dinner Roumanian Beef and Beans with Tomato Sauce Steamed Cucumbers Boiled Potatoes Rhubarb Pie Coffee</p>	FRIDAY
SATURDAY			

Menus for Special Occasions

LENTEN DINNERS

I

A VEGETARIAN DINNER

Fruit Cocktail

Potage Parmentier	Bread Fingers
Curled Celery	Sweet Pickled Gherkins
Nut Roast	Tomato Sauce
Baked Potatoes	Stuffed Sweet Peppers
Olives	Candied Ginger
Grape Juice Frozen Punch	
Broiled Mushrooms	
Orange-and-Pecan Salad, on Lettuce	
Saltines	Cream Dressing
Macaroon Custard, Cherry Sauce	
Parfait of Peaches	Sponge Drop Cakes
Black Coffee	
Nuts and Raisins	Bonbons

II

A FISH DINNER

Salpicon of Lemon in Lemon Shells

Steamed Clams with Clam Broth Oyster Crackers

Radishes	Caviar Olives
Timbales of Finnan Haddie	
French Rolls	Piccalilli
Cucumbers with French Dressing	
Planked Bluefish	
Carrot-and-Potato Balls	Cress
Grapefruit-and-Shrimp Salad	
Russian Dressing	Wafers
Hot Apricot Tart	
Lemon Ice with Whipped Cream	
Black Coffee	
Candied Fruit	Chocolate Mints

THREE-PIECE REFRESHMENTS FOR BRIDGE PARTIES

I

Jellied Chicken Bouillon	Saltines
Chopped Olives-and-Cream Cheese Sandwiches	
Tea Punch	Macaroons

II

Ramekins of Oysters	Small Parkerhouse Rolls
Chocolate Custard Soufflé, Strawberry Sauce	
Vienna Coffee	Lady Fingers

III

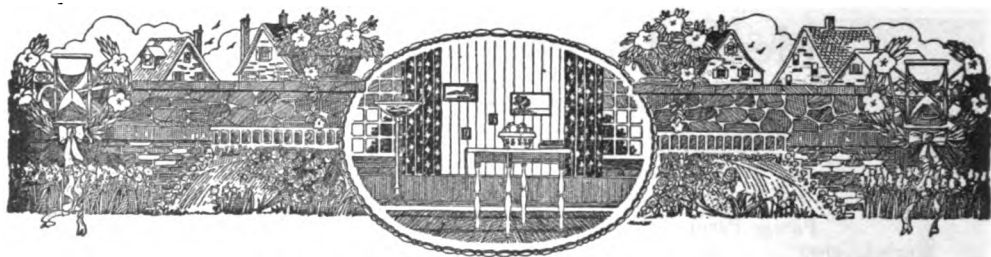
Salad of Veal and Endive	Tomato Mayonnaise
Strawberry Ice Cream	Almond Cake
Chocolate Mint Julep (hot)	

IV

American Chop Suey
Tartlettes of Red Rhubarb
Café au Lait with French Pastry

V

Sliced Chicken Loaf	Pimolas
Jellied Shredded Pineapple	Whipped Cream
Russian Winter Tea	Moscow Tea Cakes



Household Budgets

By Ladd Plumley

NOT one housekeeper in ten has a scientific manner of keeping her accounts, yet books for keeping household accounts can be bought at almost any stationers'. Such a book can be improvised of any large, blank book, which has leaves wide enough for the headings. Rulings for the columns should run from a double line near the top of the page to the bottom. The headings of these columns can be the following: Meat, Bakery, Milk, Butter and Eggs, Coffee and Tea, Sugar, Flour, Vegetables, Fruit, and a wider space for all other items, which if desired can be designated.

At the top of the page can be written the month of expenditure, and in another column, at the left of all the rest, the dates.

At the end of the month the columns are footed, and we have a total for each item shown at the top of the column.

In the same book can be kept a running account of allowances for food on the part of the wage or salary earner to his wife or other housekeeper. This account can be arranged, as shown below, and at any time should show the balance of money on hand for provisions.

JANUARY

		Receipts	Expenses
1	Balance	\$7.54	\$2.31
2			2.80
3	Received	25.00	3.10
4			3.14
.	Etc.		

On a scrap of paper at any time, the balance that should remain on hand can

be found. At the end of the month the total can be taken of the two columns, and the difference will be what is carried forward into the next month.

Here we have, in two accounts, a comprehensive method for keeping accurate track of what is spent, and what should be on hand, as well as an itemized account of all out-go. We can, of course, change the headings as desired, and increase, if we so desire, the number of columns of expenditure, so as to know at the end of the month the cost of every item. But generally this will not be considered necessary, and "vegetables" can include every kind, or we can include fruit, also, with "vegetables," and so state in our account book at the head of that column.

It should be said that while this system of household accounts is capable of accurate balancing, day by day and month by month, that a strict balance is not necessary. For the housekeeper may waste much time in finding a difference of a few cents. Therefore, if the balances agree between the general cash account and the itemized account, within, say, fifty cents, or perhaps one dollar, that proves the accounts are approximately correct. Of course, there are some who will desire a rigid balance, but sometimes this results in much loss of time.

It is sometimes asked what is a fair allowance to a wife above the household expenses and solely for herself? This is a difficult question to decide, and can never be answered unless a full knowledge of the man's earnings and the family expenses be known. Undoubtedly, a

woman's clothing costs more than a man's, hence, it is only fair that, if a wife is the housekeeper, she should have a greater allowance for clothing than that taken by the man himself.

The writer knew one man and wife who agreed to consider that they were in partnership; the man earning the money, while his wife took care of the apartment and did the housekeeping. A servant was kept, and it should be mentioned that the man had what was a fair salary for the position in life of himself and wife.

This household was managed in its receipts and expenses strictly as a partnership between husband and wife. The rather novel plan was followed that all strictly household expenses, including a fixed amount for a savings bank account and premiums for fire and life insurance, with rent, of course, were deducted each month from the man's monthly salary. The remainder was divided into two equal portions, and each of the partners took one half.

It can be mentioned that this plan of partnership accounts was followed by the husband and wife for about ten years — they had no children. It proved amazingly successful, for every month there was always a fair balance left over all expenses, and a small savings for the bank. It should also be stated that the balance divided varied considerably, for there were times of unusual household expenditure, when, for instance, a doctor's bill was paid.

You might suppose, as both husband and wife kept their own personal accounts, that at times these personal expenses would get mixed in with the household expenses. But this did not prove to be the case. There never was a time when there could be the least doubt what were personal expenses and household expenses. And where there is an ample income, and a definite income, it would seem that this plan of considering married life a partnership, where each partner is entitled to one-half of the surplus, at the end of every month, is perhaps the fairest pos-

sible, and more satisfactory to the wife than a definite allowance.

It is a fact, and a very distressing fact for many wives, that they never know what they are to receive. We can imagine no money arrangement so utterly unsatisfactory as to be in the financial position of many wives. They are not infrequently paid far less than a servant would be, and receive the money in such irregular sums that they are frequently embarrassed for a few cents for car fares. And if an allowance be arranged, it should be such a monthly sum, where that is possible, as will surely provide the wife with enough for her personal expenses. And such an allowance should not be paid in dribbles, but on some definite date.

No man, for a moment, would stand for the money arrangement that is frequently a wife's portion. We have all known plenty of cases where the wife of a man, who had an ample salary, never felt that she really had any share in her husband's income. A few dollars would be doled out, and, perhaps, only when she asked for money. How many men would like to ask as a favor for money that is to go out for clothing and things that must be had?

I once heard of an extreme case of what a man will do when transacting money matters with his wife. A farmer earned a comfortable living, and for many years his wife had nothing but what surplus she could wrestle from the money that was doled out for the children and household. Year after year passed. In the midst of comfort, as far as most things were concerned, this wife had far less money of her own than the poorest paid of servants. Then came the time when the farmer had a big offer for his farm and decided to sell. But before he sold he must have his wife's signature on the deed. And when, one evening, his lawyer came to arrange the matters for the sale, the lawyer took the wife apart, got her signature, and handed her seventy-five dollars. The price that the farmer was selling his farm for was some twenty thousand.

The woman burst into tears, not because of the amazing meanness of her husband, but because of his generosity. Never once, at any one time in all her married life, had she owned, for herself, over some five to ten dollars.

When we hear things like that we wonder how it is that long ago wives have not formed a union to exact decent pay for their labors. The only reason is that women give freely of all they have to those they love, and this male is glad to acknowledge that in this respect women are, far and away, more loyal, more loving and more self-denying than men. Ask

a man to perform the services that fall to the lot of any housekeeper, and he would think himself abused if he did not receive proper compensation.

This little article is addressed, both to men and to women. The husband should arrange the family budget so that his wife will not be compelled to ask for the money which she must have for her necessities. And the wife should not be content until such an arrangement, a true business arrangement, is made with her husband, whereby she is not under the necessity of asking for money. Fair play in the game of life.

"Come into the Kitchen"

By Ruth Merton

WHY don't we American women make our kitchens more attractive? We stay in them more than in any other one room in the house, if we do our own work; the children persist in hanging around the scene of activity, and Father walks straight to the kitchen in the evening when he comes home, and, like as not, puts his newspaper and hat on the bread-board, and sits down to talk over the day's happenings, in spite of the fact that we are busy taking up the dinner, and quite likely to spill flour on him and only half answer his remarks.

Of course, I know there are plenty of beautiful modern kitchens, with all sorts of labor-saving devices and the most scientifically planned equipment, but usually these kitchens are about as attractive as the operating room in a hospital; while, on the other hand, many a farm kitchen, with no pretense to anything more than plain, old-fashioned usefulness, is full of a charm we cannot very well define.

Now, there is no need for these extremes. We should all be looking for the happy day when machines will be more beautiful to look at than they are today, but, in the meantime, there is much we

can do to improve our kitchens, whether they be modern or not.

First of all, there is the room, itself. Every one knows that a kitchen should be light and well ventilated, and that the furnishings, etc., should be grouped according to the most labor-saving arrangement. Few people realize, however, that wall space is more important than floor space in any room, and doubly so for the kitchen, because proper placing of equipment has everything to do with ease in doing our work. Therefore, the kitchen, which is cut by many doors and windows, which has a thoroughfare from the front to the back of the house, immediately through the busiest part of it, is not, and never will be a success as a workroom, and is not likely to have any other attractions, either.

Most people are in favor of small kitchens, because they are step-savers, but it is quite possible to arrange a large kitchen so that all the work be done in a very small space, and no one can deny that a large and airy room is much pleasanter, especially in summer, than even the most convenient of small rooms. And then, large kitchens may have an open fireplace! No one who has not had an open fireplace in her kitchen can

imagine the joy of it. All cooking odors disappear by magic up the chimney, summer or winter, and the room is always well ventilated. The uses of an open fire are obvious. If it is a coal fire, it is almost as good as a range for simmering stews, and cooking cereals overnight, and warming plates, and doing the hundred other little things, which even the best gas stove fails to do.

But, it is the æsthetic value which is most to be appreciated. On the mantel shelf we put the clock in its time-honored position, and we put a low chair on the hearth — it is a nice place to sit down and cuddle the baby, while we are waiting for the kettle to boil. On frosty mornings the breakfast table has a wonderfully cheerful aspect when set before the kitchen fire, and when the children come in with wet feet, this is the logical place to get them dried and warmed. And there is something about it which makes us feel much more settled and homelike than if they had to get dry against the bathroom radiator!

A large kitchen may also do duty as dining-room — usually does in farm-houses, where time and effort cannot be wasted on too luxurious service. There is no reason why this feature should not be made one of great charm. Any dining table, stained and given a wax finish, is easily wiped with a damp cloth, never spots, nor mars with liquids or hot dishes, and is kept in excellent order by an occasional rubbing with wax.

Tablecloths, or even doilies, are quite optional, for the table's shining surface, with the reflection of fruit, and flowers, and china and silver, are quite as pleasing as the most beautiful linen, and lots less trouble.

If the family *will* insist on congregating in the kitchen — and it usually does, if Mother is cook — it is quite in order to make a place to keep them out of our way, and this place may be very nice, indeed, with some flowers in the window, a small table, and some chairs.

Next thing is to give some attention to

details. Of the things we need and want in a kitchen, there is usually a choice of shape and design. Take pots, and pans, and mixing bowls, for instance. Let us choose our tea kettle, and coffee pot, and roasting pan, with an eye to their beauty, as well as to their usefulness. And in the matter of baking dishes, casseroles, jugs and platters, there is no end of scope for individual taste, and we find ourselves "picking up" a well-shaped little nappie, or a nicely balanced saucepan, with the same enthusiasm that the collector feels over his heirlooms. There is no reason on earth why we should not have a good-looking vinegar jug and butter jar and salt box, and, for the most part, the best ones are obtained (with a little imagination) in the most unlikely ways. A glass jar of interesting proportions, originally holding tobacco, does duty as a salt jar, and, besides being good to look at, keeps the salt dry in dampest weather. Tin boxes of all shapes and sizes are converted, by means of a good enamel paint, into containers for foodstuffs.

Then we come to realize what a big part color has to play in the attractiveness of the kitchen. Any one who has both practical and theoretical knowledge of color, as well as of kitchens, knows that the pure white kitchen is a long way from perfection in either looks or cleanliness. The whiteness, no matter how clean it really is, takes on, after a time, a darkening and stained appearance, as though it got tired of being dazzling, with nothing for contrast. So if we want a kitchen to look as clean as it should be, let us give it contrasts of both color and tone. This will need to be done with the advice of some one who really knows the technical properties of color combinations, but most of us can make a pretty satisfactory effect, if we use our eyes and copy the tones in nature, which seem to give a particularly clean and clear-cut impression — the beach against blue water, for instance, or a wet tree trunk against green leaves. Is it sensible to try to bring nature into the kitchen? Why

not, if it be to make life in the kitchen more worth living? One thing is certain, the manufacturers of most kitchen equipment need more study of nature in order to improve the design of their products.

We may paint the garbage pail green, and the broom handles red, and display our prettiest blue and white bowls on a little shelf where they look charming, but how are we to beautify the gas stove, and the kitchen cabinet and the porcelain sink? They are indispensable, but oh! so ugly! Without a good proportion or pleasing line, their sole attribute is efficiency, in spite of the full-page advertisements, which claim for them "beauty" as well. The custom of putting a hood over the gas range is, however, becoming quite common, and this, even in a small kitchen, may be made a most attractive bit of decoration. We must scorn the hideous metal hood offered us, and insist that our stove be put under a nice little, built-out affair, with a shelf on which to set the tea and coffee pots, and such-like.

It is surprising what this adds at once, and the gas stove settles down, meekly trying to hide its spindly legs and top-heavy ovens and look as though it were well balanced.

The kitchen cabinet, or preparing cupboards and table, should be built in according to the spacing of the room, and then they become, at once, not only an

integral part of the decoration of the walls, but a real addition to the general appearance. A modest kitchen may have only shelves, arranged for convenience, and adorned by bright-colored calico, or stiffly starched white curtains, certain shelves being left uncovered with the prettiest bowls and jugs ranged on them.

The sink need sacrifice nothing of its blazing porcelain spotlessness if it is set in a well-proportioned wall-table or shelf, which does away with the awkwardly balanced draining boards, and hides in a merciful dark shadow, underneath, all the open plumbing and scientific drain pipes, so ugly, but so necessary to our hygienic welfare.

There is no reason why, with attention to the good looks, as well as to the convenience, of our kitchens, we may not improve them so much that the time spent there will not only be more profitable, but more pleasant. And, after all, can we not say that most of our best thoughts and inspirations come, not when we are sitting in a rocking chair on the front porch, but while our hands are busy with a thousand and one mechanical tasks in the kitchen?

Come then! Let us make our kitchens attractive. They are not mere workshops, but the setting for some of our most cherished ideas and ideals. Why not make that setting good to look at?

Southern Cookery

(Sweet Potato Recipes)

By Jeffie W. Harlow

THE sweet potato grows to perfection in the southern states, and reaches its greatest excellence in the variety known as the "Georgia Yam," a yellow potato of medium size.

The southern housewife is an adept in the preparation of this wholesome tuber for her table, and her ways of serv-

ing it render it a most delectable dish.

Forty years ago, and just a few days previous to this writer's marriage, the following recipes were contributed to her private cook-book by her old negro "Mammy." She has used them regularly since that time to the satisfaction of her family and many a delighted guest.

Sweet Potato Pudding

To six medium-size sweet potatoes, peeled and grated, add one cup and one-half of sugar, one cup of sweet milk, one half a cup of butter, a pinch of salt and a sprinkling of allspice.

Bake in a buttered, deep pan. Keep close covered, and as the top browns, stir and let brown again. If the browning is carefully done, the mixing of it into the mass is very effective.

Sweet Potato Mash

Peel and slightly mash four or five baked or boiled sweet potatoes. Turn into a frying pan containing one heaping tablespoonful of pure country lard or as much salad oil, heated to smoking. Allow to brown next to pan; toss up, and continue browning and tossing until brown flakes are all through.

Served at breakfast as an accompaniment to broiled ham or fried pork sausage, it is excellent.

Sweet Potato Biscuit

Use the best quality of potatoes; steam until done, and mash enough to fill compactly a pint measure. Into one pint of best grade of biscuit flour, put two well-rounded teaspoonfuls of good baking powder, and a pinch of salt; sift, and add a heaping tablespoonful of lard and the potatoes.

Use enough sweet milk to mix these ingredients into biscuit-dough consistency. Roll to one inch and a half thick; cut with biscuit cutter, and bake in hot oven. Serve hot with butter.

Sweet Potato Garnishings

As an adjunct and garnishing to baked, roasted and stewed meats, the sweet potato, in its season, is given precedence

over other vegetables, by the southern housewife.

For this purpose, the small, round, well-seasoned potato is preferred. And, in this case, as in all others, a steam process of cooking is in favor, since the sweetness of the tuber is better retained.

When the roast is about done, the amount of potatoes desired are peeled, and put around the meat, where they may fry in the drippings, and brown. They should be turned once to insure an even browning.

Remove the meat to a platter and arrange potatoes around it. Make a brown gravy from the drippings to serve with this dish.

The well-known predilection of the southern dorky for "'possum an' 'tater" is not without its justification, as all will acknowledge, if, in place of the pork or beef in the preceding recipe, a fat opossum is substituted.

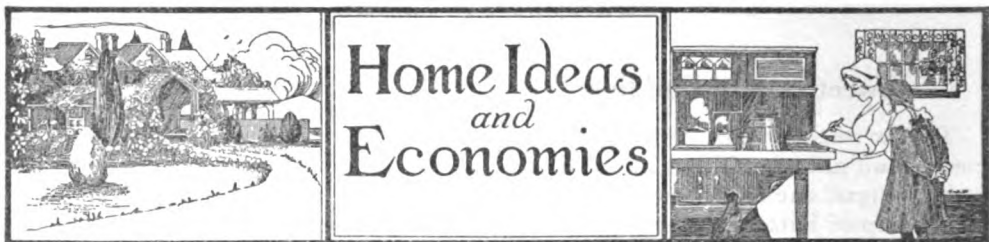
Stewed Pork with Sweet Potatoes

On the menu of a high-class restaurant, this might not sound elegant to fastidious ears, but served at family dinner in your own home, it will be found a likable dish.

For the stew, the potatoes are dropped into the pot when the meat is thoroughly done and ready to fall apart. There should be about two to three cups of stew gravy or stock in the pot. Cook the potatoes in this for fifteen minutes or more. Remove meat to a deep, round dish, arrange potatoes around it, and pour a little of the gravy, which has been thickened ever so slightly, over the meat.

Almost every one knows how to make sweet potato custard, croquettes, dressed or candied potatoes, etc., so no recipes for these will be given here. The ones given are distinctly southern, are different, and I believe will be appreciated by all who try them.





Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates

A Winter Picnic at Peckett's

LUCIA and I stood on the stone porch at Peckett's-on-Sugar Hill eagerly waiting for the arrival of the pung which was to take us and a dozen or so other enthusiasts of winter sports to Coppermine Camp for one of "Rob" Peckett's winter picnics.

When the pung drove up before the door of the inn, some of our party tucked themselves snugly under the comfortable buffalo robes, others donned their skis for a long slide down the winding hill, but Lucia and I chose to join two adventurers to coast daringly on a double-runner straight into the tiny village nestling cozily in the valley. Here we abandoned the sled, and joined the jolly crowd in the pung for the drive up the Easton Valley Road. To the left were the rugged mountains of the Franconia Range. Lafayette, lofty and snow-capped, Profile Mountain, from whose side the "Old Man of the Mountains" looks out across the Notch, irregular Kinsman, noted for its waterfalls and the tiny lake just below its summit, and the smaller peaks were all glittering in the sunlight of the crisp winter's day.

At the Corliss Farm we left the road and drove straight across the pasture and through the woods until we reached Coppermine Brook. Here we scrambled from the pung, and, crossing the rustic bridge, made our way over the snowy paths to the cabin. Then, donning our skis, we were off for adventures on the Red and Blue Trails, and for a visit to "Bridal Veil Falls."

These falls in winter are among the

most beautiful sights of the White Mountains. Lucia clutched my arm, and we stopped, entranced, to view the picture. The frozen mist sparkled in the sun, and huge, iridescent icicles scintillated with a million points of light. The brilliant sweaters worn by the girls made touches of color and added to the scene of Fairyland beauty.

We were ravenously hungry when we returned from our trip through the woods, and quite ready for the goodies we knew awaited us. Mr. Peckett, himself, was superintending the cooking, going on over the stone arch, and we felt that we could scarcely wait for the serving of the picnic dinner. Was that appetizing odor we smelled really beefsteak and coffee? We sniffed the air, hungrily. But we found that it really was, for after warmed plates and crockery mugs were handed about, we feasted upon broiled steak, served with a sauce that Mr. Peckett brought from Mexico, fried potatoes, griddlecakes, with hot maple syrup, mince turnovers and coffee with thick cream. Did ever anything taste so good?

"Now tell me just how you do it," I begged our host later, and from him I learned some secrets of making a winter picnic successful.

The coffee is prepared at the inn. Ground coffee in the proportion of one cup of coffee to one cup of water is mixed with an egg and the mixture placed in a cheesecloth bag in the big coffee pot. At the time of serving cold water is added, and when the liquid comes to a boil, it is allowed to simmer for three or four minutes, and one-half a cup of cold

water is used to settle it. Naturally the amount of coffee used varies with the number of people in the party. This amount will serve six people.

For the fried potatoes, put a generous amount of bacon fat in an iron fry-pan and place over the fire. When smoking hot, add diced boiled potatoes and let brown.

When the potatoes are nearly done, let the fire in the arch get down and put on the broilers. Cover with thick slices of steak or venison, and serve with the following sauce: Fry two onions; add one pint of tomatoes, one-eighth a can of Spanish red peppers, chopped fine, one dozen chopped olives, and one-half a dozen sour pickles, chopped.

Any recipe using sour milk may be used for the griddle-cakes, but a pinch of soda is added just before cooking to get rid of any acid taste that may arise after the long trip, for the mixture is prepared at the inn. It is poured from pitchers on the griddles and served with hot maple syrup to help retain the warmth of the cakes.

Sometimes mince turnovers are served, at others, apple or apricot turnovers complete the feast. The following rule for the mincemeat used in mince turnovers was given me by Mrs. Peckett.

Four cups of cooked, chopped meat, twelve cups of chopped apple, three cups of suet, four cups of raisins, four cups of currants, one cup and one-half of molasses, two cups of boiled cider, six teaspoonfuls of cassia, three teaspoonfuls of cloves, one teaspoonful of nutmeg, and the juice of three lemons. Moisten with the liquor in which the beef was boiled, and cook the ingredients together until the apple is soft.

In making the apple and apricot turnovers, apple-sauce and apricot sauce are placed on rounds of biscuit dough, folded over, pricked with a fork and baked until browned.

When serving his picnic dinners, Mr. Peckett uses crockery mugs and plates, as he finds that they retain the heat

longer than any others that he has tried, and one great secret of a successful winter picnic is to have the food warm.

At the completion of the meal we once more tucked ourselves beneath the buffalo robes in the pung for the homeward trip. The rays of the setting sun touched the mountains with the soft amethyst glow, so frequently seen in February and March, and as we watched it, we knew that we should never forget the day in the open spent among the White Hills of New Hampshire.

E. S. B.

* * *

St. Patrick's Day Luncheon

Shamrock Broth Paddies
Murphies

Killarney's Isles Kildare Karoes
Erin-go-Bragh Salad
Wild Irish Rose Cake
Thomas Moore Cream
Tay
Emerald Isle Punch

Explanatory Notes

"SHAMROCK BROTH" — Is a cream of lettuce soup. Cut shamrocks from fresh lettuce, and place on each plate just before serving.

"Paddies" — Oyster patties served with cream gravy with sprigs of parsley, can be bought from any delicatessen or made at home.

"Murphies" — Baked potatoes served in their own shells, from which the tops are cut. Sprinkle with grated cheese and powdered red chili.

"Erin-go-Bragh Salad" — Fruit salad with chopped nuts and any preferred dressing.

"Killarney's Isles" — Green peas served in a green china or glass dish.

"Kildare Karoes" — Ripe olives served on lettuce leaves, cracked ice sprinkled through at serving time.

"Wild Irish Rose Cake" — any preferred loaf cake, decorated with white icing and artificial wild roses. The roses to be worn by the guests and kept as souvenirs.

"Thomas Moore Cream" — Pistachio ice cream frozen in brick form, a tiny Irish flag stuck in the center of each plate.

"Tay" — Green tea served with sugar and cream, or "straight" — no lemon.

"Emerald Isle Punch" — A good, strong grape juice punch, served in punch glasses set on plates, having bright green paper between glass and plate; sprig of mint in glass.

"Wearing of the Green" — Each guest, upon entering, is presented with a sham-rock, if possible, if not, a small bow of Irish green ribbon, to be worn during the luncheon. The hostess should wear as much green as possible, and have all decorations of this color; ferns, leaves, vines, etc., all as dainty and lacey in effect as possible.

E. C. L.

* * *

Young Capon Braised with Vegetables

Let a young capon hang a couple of days after being killed, and drawn; then singe and stuff with well-seasoned dressing, and after trussing, place on rack in a roaster, in a hot oven, leaving cover off until it has become golden brown. Before putting in the oven, rub butter on the breast, sprinkling pepper and salt over it, and surround with sliced raw potatoes, onions, carrots and turnips, also a can of Campbell's vegetable soup. Baste with stewed tomato, and when the capon is brown all over, take from rack, placing it in the bottom of the roaster, in the liquid among the vegetables, and cover closely, basting frequently to keep it juicy and tender. When nearly done, place whole tomatoes in roaster until hot but not broken, then remove fowl to a platter, and garnish it with them, as well as the sliced vegetables, pouring the rich gravy over them. An appetite jaded with the usual round of roasts, broils and stews, grows keen over this savory *pièce de résistance*. Squabs and other game birds may be treated in same way and thus afford pleasing variety.

F. W. E.

Adhesive Paper Tape in the Household

OFTEN a simple device has been found to have numerous uses in the home, the school, and the shop unforeseen by the originator and quite foreign to the specific use for which it was intended. Such a device is the roll of adhesive paper tape mounted on a supporting stand for convenient use as a substitute for string in fastening bundles in a retail store. The tape comes in rolls about 7 inches in diameter, and about 1 inch thick, which is the width of the paper of which the roll is made. This versatile material should have a place in the odd job box of every well-ordered household.

Perhaps the most widely known use of the tape, aside from its place on the counter, is in the making of a "Betty," a dress form, which has been described so frequently there is no need of repeating it here. The amateur home worker will find the tape valuable for use as passe-partout in mounting small pictures, as it can be colored with water colors to suit, or shellacked and oil paints used. The tape may be used to stretch a piece of stout wrapping paper over the back of a picture frame to keep dust from finding its way between the picture and the glass. Cut the paper about $1\frac{1}{4}$ inches smaller each way than the outside dimension of the frame and dampen both sides with a sponge; after the surface has become free from standing water, paste half of the width of the tape around each edge of the side of the paper, which is to be the outside, and then upon the back of the frame, moistening the frame with the sponge or a brush. As the paper dries it will shrink perfectly tight and smooth.

A large, used envelope may be just what is wanted for mailing, but the address cannot be removed neatly; in such a case the tape may be pasted over the addresses and the stamps, and be ready for use again.

Express companies require that ad-

dresses be painted or pasted on the package, not tied nor tacked on; this requirement offers frequent opportunities for using the tape to cover old addresses and to receive the new. Often delicate pieces of bric-a-brac, porcelain lamp shades, vases, etc., may be mended by the skilful use of the tape. Children's toys may be mended, and a pasteboard doll house and furniture may be pasted together with the same useful material. The boy can use it in making a kite, and his sister can perform surgical operations upon her dolly, for the purpose of reducing sawdust hemorrhages, or in fastening a broken head to its body.

Scattered sheets of music may be bound in their proper relation; the edges and backs of new music, pamphlets, periodicals, notebooks, etc., can be effectively reinforced, and torn leaves of books, and paper patterns, can be repaired. The tape may be pasted upon the back of books for titles or numbers; fruit jars, boxes, cans and other containers may be labelled with their contents; the fastenings of first-class mail matter may be reinforced, and a cracked light of glass may be held in place until it can be reset. For pasting over cracks and small holes in plastering, preparatory to papering, and for emergency mending of clothes, the tape is an excellent substitute for more expensive and less available material. Often, for use as court plaster, it is more satisfactory than the original. In fact, there seems no limit to the uses which may be found for this paper tape, if a roll is kept in the house and always available for instant use. C. A. K.

* * *

Vitamins and Colds

HAVE vitamins anything to do with one's immunity to colds? Through some years of watching the needs of a family, in dietetics, and in nursing, I have concluded that they have.

In the days when the real necessity for raw foods was unknown, when the milk was pasteurized, and fruits were cooked

for winter serving; when we used canned vegetable, and our eggs were from the jar of waterglass in the cellar, colds were very common. The longing for spring and fresh things was almost irresistible. There was the old cry, "We take such care of our children, yet see how delicate they are!"

The one really well person in the house at that time was Greatgrandmamma, who never left her chair, ate only what she liked from the tray, but who always had her morning orange, her cream, and fresh laid eggs. We went through many dense years, fighting through the winter, to spring.

When the children went to college, a wonderful inspiration made me insist that, while there, they ate freely of apples and oranges, to break up the concentrated diet. Soon, the young people joined Grandma in the ranks of those who took few colds. There remained in the home the middle class, for whom "anything-will-do." There are a few of these grownups who cannot be persuaded to eat raw fruit, but even they make an exception of grapefruit. Some of them will not touch lettuce or celery, but they will eat crisp, raw cabbage, if they may have it with plain salt.

Certified milk did wonders for the man who simply would not touch butter. Even the fresh cream in the coffee served a hidden purpose.

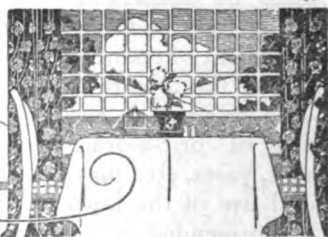
There are the usual epidemics in our town. Grandma has joined the Great Majority where we hope the diet is prearranged. The children have graduated, but they stick to their love for fresh fruits and salads, and quickly throw off contagion.

The anything-will-dos are catered to, unsuspectingly, with a finesse worthy of the diplomatic corps. Into their diet are thrust several classes of vitamins a day, with the result that Dad is energized to the extent of renewing his interest in winter sports, and Mother is taking up courses of study which require a clear head, and time that can be counted upon.

A. B. S.



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. **AMERICAN COOKERY**, 221 Columbus Ave., Boston, Mass.

QUERY NO. 4271. — "Will you please tell me what causes a Heavy Streak at the bottom of my Cakes after baking?"

Cause of Heavy Streak at Bottom of Cakes

Several reasons, either singly or combined, may operate to cause this heavy streak at the bottom of a cake, so we shall state the most common. 1. Lack of sufficient heat at bottom of oven. 2. Batter too deep in pan. When the batter is too deep its weight may cause precipitation. 3. Batter too thin, thus offering no resistance to the sinking of flour, etc. 4. Too much butter in proportion to the number of eggs used. The tendency of butter or other shortening is to cause the cake to fall, and this should be counteracted by the leavening action of eggs. At least, one egg is needed for every two ounces of butter, and the whites and yolks should be beaten separately, where the maximum amount of butter is used in making a cake. This maximum is supposed to be one-third as much butter as flour, by volume. 5. Too weak a flour, that is, a flour without strong gluten content. This may operate in flour mixtures where neither much butter, nor eggs enter into the composition. 6. Allowing the cake to stand too long in the pan before baking. 7. Not enough baking powder. Of these reasons numbers 1 and 4 are the commonest, but any, or all, may cause the heavy streak.

QUERY NO. 4272. — "What is the difference between the Skirt Steak and the Flank Steak in beef?"

Difference Between Skirt Steak and Flank Steak

The skirt steak and flank steak are both cut from the interior of the carcass, but this is the only likeness between them. The skirt steak comes from the fore quarter; the flank steak, from the hind. The skirt steak is, anatomically, the diaphragm of the animal; the flank steak is the fleshy lining of the flank. The skirt steak is a quite long, narrow strip of thin flesh, tapering at the end, and somewhat rounded at the edge, with the fibres running crosswise. It is usually spread with stuffing, rolled and roasted. The flank steak is of somewhat oblong shape, of a good thickness, and its fibres run lengthwise. This is broiled, and carved across the fibres, into slices not more than one-half an inch thick.

QUERY NO. 4273. — "I was very glad, indeed, to find your recipe for Apfel Strudel in the December number of the magazine, but though I tried it twice I could not make it without cracking the dough on rolling, so that some of the juice was lost."

Points in Making Apfel Strudel

If you are not experienced in making this dish, which calls for very skilful manipulation, we should advise dividing the recipe into two, or using half the ingredients, for it will be much easier to

make one or two small strudels than one large one. Also, if the fruit is very juicy, enough fine-sifted, stale bread crumbs may be added to absorb superfluity of moisture; thus, no juice will be lost. A strong bread flour should be used, that is, one with a strong gluten content, and the gluten should be developed, both by warmth and by manipulation. Neither will suffice alone. All through the mixing and kneading the dough should be warm, and if the addition of warm water is not enough, the flour may be slightly warmed before mixing. Unless the dough be kept warm success cannot be insured. The kneading is of equal importance. This must be continued until it is impossible, no matter how hard you try, to make the dough stick to the board. To brush it over with fat before beginning to stretch it will also help. Further, the rolling should be done by jerking the cloth, rather than by using the hands, and the completed roll may even be rolled into the pan by manipulation of the cloth, rather than by attempting to lift it by hand. If these points are faithfully observed, success should follow.

QUERY NO. 4274. — "Would it be correct to serve the First Course of a Dinner in the living-room? Is it proper to use a Beverage, or a Canapé, or both, for this course? Where should a bride and groom be seated at a dinner given in their honor?"

Where to Serve the First Course of a Dinner

Before answering this question specifically, let us first say that there is no special course which is invariably the "first course of a dinner." The first course may be shellfish; it may be soup; it may be the chief meat dish — according to the number of courses served and the formality of the dinner. But whatever be the first course, there is only one place where it should be eaten, and this is at the dining-table in the dining-room. During recent years, however, the custom has arisen of serving a small portion of some sapid and well-relished food, whose function is to stimulate appetite, as

a beginning to the dinner. This beginning is not thought of as one of the courses, it is too unsubstantial, and the frilly little morsels used for this purpose are listed under the headings: "Some Beginnings," "Appetizers," "*avant-diners*," or any similar phrase. A salpicon, which, correctly, is a very small portion, no more than a good tablespoonful, is an example of such a beginning. So is a canapé. So used to be the original cocktail. At a gentlemen's dinner it used to be customary to have canapés and cocktails passed in the library soon after the guests assembled. Canapés were, then, the crisp and crusty morsels which could be eaten from the fingers; and cocktails were composed of ingredients now under legal ban.

At present our cocktails are of two kinds: The semi-solid kind, calling for the use of a fork, such as the oyster cocktail, which is really one of the courses, since it is only a new fashion of serving the shellfish. The place to eat this is in the dining-room. The other kind of cocktail is made of fruit juice, or a mixture of fruit juices, etc., and this, according to a late fashion, is brought to the drawing-room, or wherever the guests are assembled — and now that guests are not expected to arrive on the stroke of the minute-hand, it helps the pleasant passing of a period of waiting for some belated one, to sip the cocktail during the quarter of an hour allowed after the time named for the dinner.

Service of Beverages

Aside from the cocktail, beverages are rarely served with canapés, nor, at present in this country, are beverages, other than water (correctly) poured until the close of the soup course. In days when the service of wines was customary, the instruction to "serve sherry with the soup" was often seen in carelessly worded manuals of table customs. Sherry, then, was correctly served, not with, but at the close of the soup course. So in our day, whatever extra beverage may be used

will be poured at the close of the soup course.

Seating of a Bride and Groom at a Dinner

The bride and groom are always assigned to the seats of honor, no matter what the age or distinction of the other guests, at a dinner given in their honor. The host offers his right arm to the bride, and places her at his right, at the head of the table. The woman next to be distinguished is seated at his left. The hostess asks the groom to give her his arm for the procession to the dining-room, and his seat is at her left at the foot of the table. The man next to be honored is placed at her other hand. The old custom was that the right of the hostess was the seat of the man guest of honor, and the left, of the man next to be distinguished; but this used to be the cause of more or less confusion, since the man to be most honored, naturally gave his hostess his right arm on going to the dining-room, and had then to slip behind her to take his place at her right. Now, in making the left of the hostess the seat of honor for a man there is no disturbance of order when the guests take their seats for the meal.

QUERY No. 4275. — "Can you give me, in your magazine, some new and useful ways to use dry or old bread? Also a recipe for Chinese Chop Suey?"

General Uses for Stale Bread

Every crumb of bread ought to be saved, for though it is easy to get fresh bread when this is needed, it is by no means easy to get the hard, perfectly dried bread, which is essential to the success of so many dishes.

Large pieces of stale bread, stored in a secure place, may be softened in hot water or stock for a stuffing, or in hot milk, chocolate, etc., for a pudding. Small or large pieces, when hard and stale, may be broken, rolled on a board, and sifted, then stored in glass jars in the form of fine crumbs, so essential in making

scalloped dishes; or for making a covering of buttered crumbs over a creamed dish; or for "crumbing" croquettes.

A few special recipes for the use of stale bread are given below.

Steamed Fig Bread Pudding

Cream one-half a cup of butter or fat, and mix with it one-half a pound of figs, first put through the food chopper. Add one-half a cup of sugar. Pour over two cups of stale bread crumbs — they need not be sifted, but should not be too large — and enough warm milk to be completely absorbed by the crumbs. One cup may be enough. Add the beaten yolks of two eggs, beaten thick with one-half a teaspoonful of salt. Mix the chopped figs, butter, etc., with the milk and egg-yolks, and when thoroughly blended beat in the stiff-beaten whites. Steam, close-covered, in a greased mould for from two to three hours, according to the diameter of the mould. Serve with a sauce of melted red currant jelly.

Savory Nut Crumb Cakes

Measure one cup of fine, sifted crumbs, and add one-half a teaspoonful of salt. Add one cup of chopped nuts, one-fourth a teaspoonful, each, of white pepper and celery seed, one teaspoonful of poultry seasoning, one tablespoonful of melted butter or bacon fat, and two well-beaten eggs. Form into small cakes; bake in a quick oven until brown, and serve as an entrée with a slice of lemon on each cake and a spoonful of rich meat sauce.

Bread Crumb Ice Cream

Allow pieces of stale bread to stand in the oven at a very low heat until they are thoroughly browned almost all the way through the pieces. Roll, sift, measure two cups, and add enough thick, rich juice from any kind of preserved fruit to moisten the crumbs thoroughly — a cup should be enough. Add two cups of heavy cream, or a soft custard made of a pint of milk, two eggs, and one-fourth a

Staple as Gold



ROYAL BAKING POWDER is made from pure cream of tartar, which is derived from grapes. It perfectly leavens the food, making it appetizing, delicious and healthful, and its superiority in all the qualities that make the perfect baking powder is never questioned.

*Royal Contains No Alum —
Leaves No Bitter Taste*

Royal Baking Powder Company, New York

cup of sugar. Freeze, as for any ice cream, and serve with a spoonful of the preserved fruit, from which the juice was taken, as a garnish with each portion.

Chinese Chop Suey

Cut into strips about an inch in length enough raw chicken meat to fill a cup, and cook in one tablespoonful of melted butter in a stewpan until it whitens. Add a cup of celery, sliced across the stalks, into very thin pieces. Peel an onion, put through the chopper, and cut into quarters or eighths a half dozen mushrooms; add these to the kettle with one cup of chicken stock. Remove the seeds from one-half a green pepper, cut into exceedingly fine shreds; add this to the other ingredients with (if possible), two or three teaspoonfuls of the Chinese sauce sold in some of their food shops under the name "Shayu." Cook the whole for five or more minutes, after boiling has begun, or long enough to complete the cooking of the chicken. Thicken the mixture with one tablespoonful of flour, rubbed smooth with a little cold water; stir all until slightly thick, let cook for a minute or two longer, pour into a serving dish, and serve with another dish of boiled rice.

QUERY No. 4276. — "Please tell me how to make in a Percolator Coffee that will be perfectly clear. I never can get as good a flavor or as clear a beverage with percolated as with boiled coffee."

Clear Coffee Made in a Percolator

Clear coffee from a percolator calls for a percolator constructed with two strainers, one of them coarser than the other and inserted with its convex side uppermost, so that the fine grounds may collect at the edge when the water is poured on. Or a circular piece of very thin blotting paper, or thick Canton flannel, with the furry side up, may be placed at the bottom of the receptacle for the dry, ground coffee before the coffee is put in. This, and shaking the ground coffee in a fine strainer, to get rid of the fine coffee

"dust" will insure, as far as is practicable, clear percolator coffee. Some persons let the coffee settle a little after percolating, and then pour it into another pot.

As to the flavor, this is a matter of preference, some persons like that of percolated best, others like the boiled. Personally, we incline to the flavor of good boiled coffee. If the ground coffee, for the percolator, be first heated in the oven on a pan until the odor is just perceptible — or better, heated in the oven in the percolator, if this is possible — and then the boiling water is immediately poured on, the flavor will be enhanced. Also, whatever the size of your percolator, it should be made full, to its capacity, of coffee. You cannot get two cups of good, percolated coffee made in a three-pint percolator.

Candy Fashions of Scotland

A young American tourist stepped into a shop in a Scottish town one Sunday, recently, to buy some candy for a Scotch lassie of his acquaintance, and as soon as the customer ahead of him had been served he asked for chocolate creams.

"I dinna sell chocolate creams on the Sabbath," the old dame behind the counter said, severely.

"But," the young man protested, "you sold candy to the woman who has just gone out."

"Aye, some ecclesiastical confectionery, but nae chocolate creams," the old dame declared.

"Some what?" gasped the tourist.

"Ecclesiastical confectionery — that is, peppermint draps, pan draps, and ginger lozenges," she graciously explained, and added sternly, "but nae chocolate creams."

Poor Richard says: "Thou hadst better eat salt with the philosophers of Greece, than sugar with the courtiers of Italy."



A barbarian husband

discovered, ages ago, how to start a fire, and at once he commanded his wife to keep this home fire burning. From that day to this, woman has always been the fire-watcher. Even today in kitchens the world over, except where there is a "Lorain", woman watches the fire—lest it burn the food she is cooking for her husband and family.

Knows Her Cooking Will Be a Success

But how different in every kitchen where there is a "Lorain". There the housewife puts food into the oven and needs never look at it again until it is delightfully done and ready to serve. No fire-watching, no oven-slavery, no guessing, no worrying, no "unlucky days", no cooking failures. For "Lorain" controls all oven heats and controls them exactly; and whether the oven contains bread or cake—or even an entire meal of vegetables, meat and dessert at one time—the housewife knows beforehand just when it will be done, and that it will be done perfectly. She never has to look.

Makes Good Cooks Better, All Cooks Happier

"Lorain" makes cooking delightful and sure, banishes all thought of drudgery, gives the family better food at less trouble to cook it, and makes good cooks better and all cooks happier.

Wonderful, simple, accurate, reliable—that's "Lorain". We want you to know all about it. Write for the interesting booklet, "*An Easier Day's Work*".

AMERICAN STOVE COMPANY, 142 Chouteau Avenue, St. Louis, Mo.

Largest Makers of Gas Ranges in the World

We manufacture oil and coal stoves for use where gas is not available, but the "Lorain" cannot be used on these

Only these six famous gas ranges are equipped with the "Lorain"

CLARK JEWEL—
George M. Clark & Company, Div.
Chicago, Ill.

DANGLER—
Dangler Stove Company, Div.
Cleveland, Ohio

DIRECT ACTION—
National Stove Company, Div.
Lorain, Ohio



NEW PROCESS—
New Process Stove Company, Div.
Cleveland, Ohio

QUICK MEAL—
Quick Meal Stove Company, Div.
St. Louis, Mo.

RELIABLE—
Reliable Stove Company, Div.
Cleveland, Ohio

[1922]

LORAIN

OVEN HEAT REGULATOR

The Silver Lining

Silhouette

One Etienne de Silhouette,
French Minister of High Finance
When Louis XV held the throne,
Curbed public wild extravagance.
And I, dear Etienne, would sing
Your praise for this both loud and long,
If you had been content to let
No shadow keep you from my song.

But ah, dear Etienne, you see,
You had one sad and darksome trait;
For it was likewise you who gave
To us the black profile portrait.
Upon my black-list, Etienne,
I place your name for your black art!
To follow up-to-date contour,
Makes me from hard-earned dollars part.

I spend my cash, but coin a word:—
Por-traitor is the name for you
Who taught economy and then
Outlined that which would purse undo!
Ah, Etienne, you dear blackguard,
I know it may be silly, yet
I go this very day to shop
For gown of latest silhouette!

Blanche Elizabeth Wade.

Why He Didn't Want It

Seven-year-old Willie had been bothered all day by cautions not to disturb his Aunt Louise, because she was feeling "so nervous." At dinner he appeared looking very glum, but ate heartily of everything until dessert, which happened to be jelly. He stared at the trembling portion placed before him and then pushed it away.

"Why, Willie," his mother asked, "aren't you going to eat your jelly?"

"Naw," he replied, with a disgusted air, "it's too nervous."

A boy in a Welsh school essayed to write on Henry VIII, and a London paper reports him as beginning thus: "King Henry VIII was the greatest widower that ever lived. He was born at Anno Domini in the year 1066. He had 510 wives besides children. The first was beheaded and executed. The second was revoked. She never smiled again. Henry 8 was succeeded on the throne by Mary Queen of Scots, sometimes known as the Lady of the Lake."—*Boston Transcript.*

When Sir Bartle Frere, an English general and governor of Bombay in India and Cape Colony in Africa, came home one time, his wife took a servant and went to the train to meet him. When they reached the station she said to the servant, "Now, you must go and look for Sir Bartle." "But how shall I know him?" asked the servant. "Oh," answered the lady, "look for a tall, smiling gentleman helping somebody." When the servant did so he found a tall, pleasant-looking man helping a poor old woman from the car, and sure enough, this was Sir Bartle.

It was the last lecture of the term, and the professor was urging his students to put all their time in preparation for the final examination. "The examination

Velvet Grip

HOSE SUPPORTERS

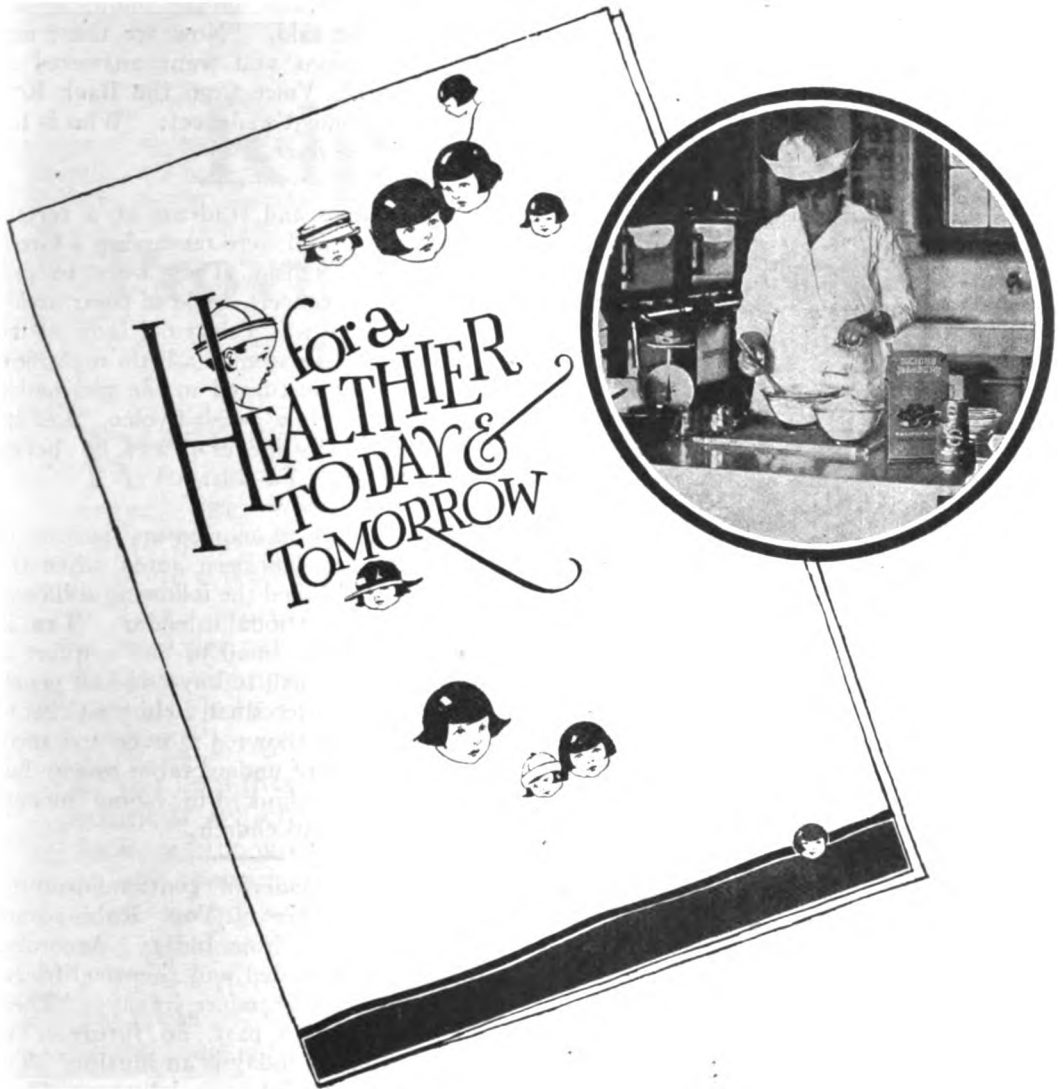
Equipped with our famous
Oblong ALL-Rubber Button
clasps, hold the stockings
in place securely—and
without injury to the most
delicate silk fabric.

Velvet Grip Hose Supporters

For ALL the Family

Are Sold Everywhere

Made by the George Frost Company, Boston



Feeding children at best is a big little problem. So much so that Mrs. Belle DeGraf, our Domestic Science Director, has prepared for you this special folder on infants' and children's dishes. We'll send it gladly on request.

Because they are rich in body-building and body-regulating elements Sunsweet Prunes are doubly essential in the diet of every child. Search where you may, you will not find a

more natural "sweetmeat," a better energy-food, than these sugar-laden prunes.

If you want to know a score or more of ways in which prunes can entice the palates of little folk, send today for this folder—"For a healthier today and tomorrow." California Prune & Apricot Growers Inc., 396 Market Street, San Jose, California. A cooperative association of 11,000 growers.

SUNSWEEET *prunes*

CALIFORNIA'S NATURE-FLAVORED

"Choisa" Orange Pekoe Ceylon Tea

**Pre-War
Prices**

1-lb. Cartons, 60 cents
½-lb. Cartons, 35 cents



Pre-War Quality

We invite comparison with any tea
selling under \$1.00 a pound

S. S. PIERCE CO.

BOSTON

BROOKLINE

questions are now in the hands of the printer," he said. "Now are there any more questions you want answered at this time?" Voice from the Back Row (after a moment's silence): "Who is the printer?" — *Burr*.

The nurses and students at a certain London hospital were rehearsing a Greek play — in English. They were to perform it at a concert in aid of their exchequer. There was a dear old lady at the rehearsal. She seemed a little mystified. Eventually she turned to the girl beside her and said, in a puzzled voice, "Let me see, dear — Euripedes — was he before Venizelos?" — *Tit-Bits*.

An instance of momentary success in the collection has been noted when the minister published the following soliloquy in the congregational calendar: "I am 25 cents. I'm too small to buy a quart of oil; I'm too small to buy one-half pound of candy; I'm too small to buy a ticket to a good movie show; I'm even too small to buy a box of undetectable rouge; but most people think I'm 'some money' when I come to church."

Another wonderful gentleman-mystic is with us. He is Yogi Rabinadrath Chernandagore, from India. According to our hard-headed and skeptical friend, the *Watchman-Examiner*, he says: "There is no world, no past, no future. The dinner you get today is an illusion. The thoughts you think are a delusion. There is no limitation of armament conference, no war, no peace, no pain, no well-being. There is no heat, cold, hunger, thirst. There is nothing. There isn't even nothing."

The Record of Christian Work tells a story apropos church conventions and conferences and the everlasting discussion of how to reach the people with the gospel: "An old farmer chuckled to himself after reading over the subjects on a convention program. 'You've had papers and discussions all day on how to get people to attend church,' he said. 'I've never



Frozen Fruit Salad

20 dried apricot
halves
1 banana
¼ cup maraschino
cherries
½ box Campfire
Marshmallows
¼ cup pineapple
juice

6 slices pineapple
4 teaspoons maraschino
syrup
2 tablespoons
lemon juice
¼ cup heavy
cream
½ cup mayonnaise
dressing
¼ teaspoon salt

Soak apricots in cold water to cover until soft. Remove skins and cut in pieces. Add banana cut in dice, cherries, pineapple, Campfire Marshmallows cut in small pieces, and the fruit juices and maraschino syrup. Beat cream until stiff, add mayonnaise dressing and salt and mix gently with the fruit. Freeze like ice cream and serve on a bed of lettuce leaves. This may take the place of both salad and dessert.

Recipe printed on
each package

Campfire
WHITE
Marshmallows

The big
6oz.
package

Beautiful Recipe Book FREE
Dept. A, The Campfire Co., Milwaukee, Wis.

Ripe Olives

Provide 958 Calories to the Pound

RIPE Olives are a valuable source of muscular energy. They form a splendid supplement to other foods in making a well-rounded diet.

They contain protein—with 2 per cent they compare in this element with boiled rice and boiled potatoes.

In fat or oil content, with 21 per cent they provide nourishment which many staples lack, while with 958 calories to the pound, they compare with bread and exceed rice and potatoes.

Ripe Olives are particularly valuable because they provide these food elements in a form

which is easily digested and readily assimilated.

California Ripe Olives, packed by members of the California Olive Association, are fully ripened on the trees. They are matured as Nature intends them to be and in this state provide the valuable nourishment in the largest quantities.

They are processed and packed by the most advanced methods and sterilized at a temperature of 240 degrees for forty minutes.

This delicious and nourishing food is absolutely wholesome.

California Olive Association

Los Angeles, California

PACKER MEMBERS:

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Albers Olive Company
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California Growers Assn., Inc.
California Packing Corporation
C. M. Gifford & Son
Golden State Canneries

Libby, McNeill & Libby
Los Angeles Olive Growers Assn.
(Sylmar Grove)
Maywood Packing Company
McNally Ranch
Mt. Ida Packing Company
Old Mission Packing Corporation



An Especially Good Dessert

WHEN you want a new and especially good dessert, just open Cox's book of gelatine recipes. You will be delighted with the countless number of inexpensive and appetizing dishes that you can prepare with Cox's Gelatine. Here is one:

GRAPEFRUIT JELLY (Serves eight or nine people)

2 envelopes Cox's Gelatine, 2 cups (1 pint) water, 1 cup ($\frac{1}{2}$ lb.) sugar, 3 cups ($1\frac{1}{2}$ pints) grapefruit juice and pulp, $\frac{1}{2}$ cup (1 gill) orange juice.

Pour water into saucepan, add Gelatine, sugar, grapefruit juice and pulp and orange juice; stir over fire until ingredients almost boil, then strain and cool before dividing into small wet molds. Turn out when set.

This jelly is delicious when served with whipped and sweetened cream or marshmallow whip.

Cox's Gelatine is pure, unflavored and unsweetened. Use it in salads, soups and savories as well as desserts and jellies. If you have not already a copy of Cox's Gelatine Recipes, we shall be glad to send you one, without charge.

Cox's
Instant Powdered
GELATINE

COX GELATINE COMPANY
Dept. D 100 Hudson St., New York

heard a single address at a farmers' convention on how to get cattle to come to the rack. We put all our time on the best kinds of feed.' "

Courtesy

COURTESY is a gem of the first water. It shines, resplendent, in any station or grade of human society. It is a source of satisfaction to its possessor and of happiness and inspiration to the recipient, as well as to all onlookers. It is a passport to polite society, a guarantee of advancement, a keystone to success. It is a winner, every time and everywhere. It costs no money. It is free to all. It becomes a habit, after a time, and radiates beneficence and blessing. It should be taught in all schools and in every classroom. Perhaps it would be more pertinent to say that it should be *caught* in every classroom. It can be taught by no teacher who has not caught it. But it is very contagious, especially among young people. Sometimes a single high-minded, self-controlled, manly boy or womanly girl, coming into a school which has been full of a spirit of selfishness, bickerings, coarseness or thoughtlessness, instantly changes the entire atmosphere of that school without apparently doing anything deliberately intended to accomplish such a change. Or, it may be a new teacher who produces such an effect. However caused, it is a blessing that cannot be fathomed or measured. The same thing may be said of the home, or of the lodge, the church, the village, the neighborhood; or of the store, the factory or the counting-room. A thing so valuable should surely be made a study of by parents and teachers. It should be striven for in the home and in the classroom. It can usually be cultivated. With some it will come easy, with others hard. So it is with whatever is worth having; and sometimes those who have to work the hardest to overcome and attain are the very ones who win the most in the end. It might be well to appoint a day in which to strive to be absolutely courteous to every one,



"Hurry up with that coconut fudge!"

Recipe for Coconut Fudge

Put two cups sugar, one-half square chocolate, one cup coconut milk or milk and pinch of salt in pan, boil until a small quantity, when dropped in cold water, forms a soft ball. Just before taking from fire add one tablespoonful butter and one teaspoonful vanilla. Remove from fire and beat until creamy. Add one can Baker's Coconut — continue beating until thick, pour into buttered tin and cut into squares before it hardens. (If Baker's Coconut in the blue can is used, thoroughly press out the coconut milk.)

Real home-made candy with all its buttery richness is made more tempting by using Baker's fresh, ripe coconut. The coconut adds its own delicate flavor — a flavor that everybody knows and likes.

Baker's Coconut in cans is the only ready-to-use coconut in which the natural moisture is retained. All the wholesome goodness which Nature stores in the coconut — the goodness of the luxuriant, tropic sunshine — comes to you in the Baker can.

THE FRANKLIN BAKER COMPANY, Philadelphia



BAKER'S COCONUT

3 kinds

In Baker's blue can — the pure, fresh, white meat of selected coconuts, shredded and sweetened, sealed up in the wholesome, natural coconut milk.

In Baker's yellow can — the pure, fresh, white meats of selected coconuts, shredded and sweetened, sealed up while still moist with its own wholesome, natural juices.

In Baker's blue cardboard container — the dry shredded meat of selected coconuts, carefully prepared for those who still prefer the old-fashioned, sugar-cured kind.

*Save the food
crops—Can by
modern meth-
ods—Cut out
spoilage—Use*

**GOOD @ LUCK
RED JAR RINGS**

*Send 6c. for our book
on Cold Pack Canning*

**BOSTON WOVEN HOSE AND
RUBBER CO.**

27 Hampshire St., Cambridge, Mass.



THE products of the fry pan are a source of indigestion, with which most people are troubled. The **DUPLEX DRIPLESS BROILER** positively overcomes this.

Heretofore, there has been no convenient cooking utensil for broiling without wasting the juices and smoking and greasing the stove. The **DUPLEX DRIPLESS BROILER** will broil perfectly over any fire without one particle of the juice being wasted, or causing smoke, or soiling the stove.

The **DUPLEX DRIPLESS BROILER** operates with a very low fire, the heat being drawn up and around the steak, chops, etc., by action of the heat current around the tubular channels running to the main trough.

The **DUPLEX DRIPLESS BROILER** is a modern convenience for economical and scientific cooking, and a necessity in the kitchen. Made of cast aluminum and nicely finished. If you cannot buy this Broiler from your dealer, send us his name and \$3.50 and we will send one, postpaid.

Satisfaction guaranteed or money refunded

DUNDEE MFG. CO., Inc., 19 Edinboro St., BOSTON
Established 1888

every hour of the day, and consciously test our ability and note sensations and results. A teacher or parent might propose such a test and interest all in it, giving opportunity at the close of the day for an expression of experiences and an evaluation of the experiment. We think that such an experiment would be a revelation to at least some of the participants, — both old and young. Perhaps it would be found out that courtesy is “catching,” as truly as many bad things. We feel sure that such a day would be remembered as a “red letter day” in many a home or school. — *Education.*

“We Don’t Destroy”

The slogan adopted by the Pittsburgh Teachers’ Association for teaching habits of conservation to their pupils is, “We don’t destroy.” The plan includes careful handling of text-book, using both sides of paper, turning off electric lights as soon as they are no longer needed, etc. Text-books, worn out unnecessarily, are an added burden to taxpayers. Even if the amount directly saved is not great, the benefits spread over years will be of vast importance, as habits of thrift and general thoughtfulness, if implanted when minds are young, will persist through life. Schools alone cannot form habits, perhaps, but schools and homes together can. If in both the slogan, “We don’t destroy” is enforced, results will follow.

“How John and Mary Live and Save on \$35 a Week”

THIS little story tells how a young couple are getting ahead by planning the family spending and by “stretching the family dollars.”

If you depend on a weekly pay envelope, this booklet will help you to live more comfortably, and *save more money.*

The price of the booklet is 10 cents — it may be worth \$10 to you. *Send for it.* American School of Home Economics, 506 W. 69th Street, Chicago. *Adv.*



Table talks

By Mrs. Knox

Speaking of Prunes—

LET me tell you of an interesting table talk that I recently had at a club meeting. One of our members told me how each Monday she planned her menus for the following week. Then from her original ideas, cook books and magazine recipes she studied how to make and serve many old familiar dishes in entirely new and different ways, saying that my cook books had been most helpful in teaching her new ways of serving rice, fresh and canned fruits, left-over meats and vegetables, etc., which naturally was pleasing to me.

She gave me her original recipe for serving the old standby — Prunes — in a whip, by combining them with Knox Sparkling Gelatine. It is so good I am giving the recipe below.

PRUNE WHIP

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water
1 cup prune pulp

2 tablespoonfuls lemon juice
 $\frac{1}{2}$ cup sugar

Whites of two eggs, beaten stiff
1 dozen chopped nuts

Soak gelatine in cold water five minutes. Put prune pulp, lemon juice and sugar in saucepan, and bring to the boiling point, stirring constantly. Add soaked gelatine, stir until cool. When mixture begins to thicken fold in whites of eggs, beaten until stiff, turn into wet mold or paper cases, sprinkle with chopped nuts.

Send for My Recipe Book

In my booklet "Dainty Desserts" you will find other prune recipes, such as "Oriental Cream," "Prune Jelly" and numberless other recipes that are easy and economical to make — yet each with some individual touch that makes it different and new. There are also recipes for meat and fish molds, relishes, salads, desserts of all kinds, candies and invalid dishes. Write to me for it. Just enclose 4 cents in stamps to cover postage and mention your grocer's name.

KNOX

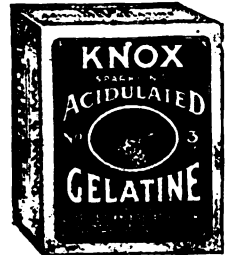
SPARKLING GELATINE

107 Knox Ave.

Johnstown, N. Y.



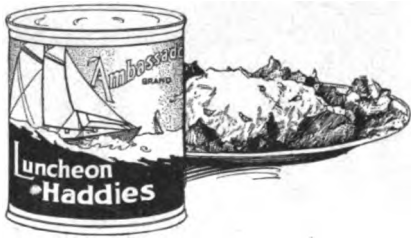
The above package contains Plain Sparkling Gelatine for general use



This package contains Lemon Flavor in Separate Envelope

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for gelatine think of Knox"



A Luncheon Delicacy You've Never Tried Before

It's AMBASSADOR Brand
LUNCHEON HADDIES

Luncheon Haddies are the carefully selected white flakes of firm, fresh haddock, cooked, slightly salted, and delicately smoked. Packed by our special process as soon as taken from the water. No other fish is mixed with **Luncheon Haddies**. There are no bones. Only the choicest fish are used. Each can is packed full of solid meat. It's different from any other canned fish you've ever tasted.

It's most satisfactory when simply prepared—creamed or as a salad with mayonnaise dressing and chopped stuffed olives.

SPECIAL OFFER

Solve your meat problem for six meals. Six full cans of **Luncheon Haddies** will be sent postpaid if you sign the coupon and send a dollar bill. Try one can. If you are not entirely satisfied your dollar will be refunded immediately. Mail the coupon today.

DEEP SEA FISHERIES, Inc., Packers
Rockland, Maine, U. S. A.

★
Ambassador
BRAND
Luncheon
Haddies

DEEP SEA FISHERIES, INC., Rockland, Maine.

Please send me your special offering of 6 cans LUNCHEON HADDIES, postpaid, on condition that if I am not entirely satisfied, my \$1.00 will be refunded immediately and the goods returned free of cost to me. 129-14

My name _____

Address _____

My grocer's name _____

It Surely Would Be

A man and a girl of eight years were traveling on an express train and he was trying to while away the tedium of the journey by asking her all kinds of funny and ridiculous questions. Finally he suggested this one: "If the clock strikes thirteen, what time is it?"

The little girl hesitated, thought a moment and then replied in an amusingly positive manner: "Time to fix the clock."

A stranger in a Southern town passed a dog which barked and rushed after him. "Here," cried the stranger; "call off your dog!" "Never mind him, mister," replied the owner. "Don't you-all know a barkin' dog don't bite?" "Yes, ah knows it and you-all knows it—but the dawg, he don't know it."

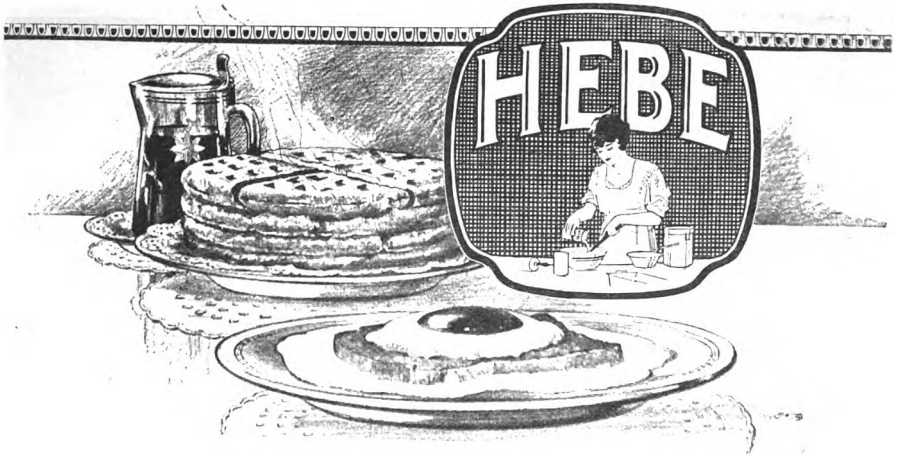
To Live Better and Save More

PLAN your spending, keep track of your expenses to see that you spend the way you *want* to spend. Then you will get more for your money, and can easily save more.

A way has been found for keeping track of family expenses *without household accounts!* Deposit your income in your bank and write checks for your bills and when you need cash; then the bank and the Self-Accounting Check Record will give you full accounting. This record is no extra trouble to keep, a child can do it, and at the end of the month you will know how near you have come to spending "according to plan" or budget. This simple system can't go wrong, for your bank stands behind you and their records show up any mistakes or omissions.

Our practical budget system will enable you to *live better* and also save, in a year, \$200 to \$500, extra, *real money in your bank!*

For one dollar we will send you a Self-Accounting Check Record for twelve months with full directions, four Weekly Allowance Books and "The Art of Spending." Full refund if not satisfactory. American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



Just the thing for cooking breakfast dishes

Fruit
Poached eggs with white sauce
Hot waffles with honey Cocoa

THERE'S a breakfast fit for a king, and yet it's economical. Three of the dishes can be prepared with HEBE—everything but the fruit course. And if you want a cereal, rice cooked in HEBE is perfectly delicious and healthful. You will find the recipes for white sauce and hot biscuits in the HEBE recipe booklet along with dozens of other recipes and suggestions for economical cooking.

You can't help liking HEBE. Once you have used it, you will never cook without it—breakfast, luncheon, dinner—there are dishes in every meal that can be made more tasty and nutritious with HEBE.

Use HEBE as a cooking liquid—it moistens, shortens and enriches. Made of pure skimmed milk evaporated to double strength enriched with vegetable fat, HEBE adds food value and improves the flavor. Teachers of cooking are using it in their class-rooms.

You can get this wonderful aid to good cooking at the grocer's. For the free HEBE recipe booklet, write to 2315 Consumers Bldg., Chicago.

THE HEBE COMPANY

Chicago

New York

Seattle

HEBE Suggestions
—
Potatoes au Gratin
Hominy Cooked in HEBE
Fish Dishes
Vegetables in White
Sauce
Escalloped Cheese
Mayonnaise Dressing
Pumpkin Pie
Corn Bread Waffles



DELICIOUS AND SUSTAINING
DIABETIC FOODS
 QUICKLY MADE WITH
 RICH IN PROTEIN AND FAT *Hepeco* FLOUR CONTAINS PRACTICALLY NO STARCH
 Twenty Cents Brings a Generous Sample
 Thompson's Malted Food Company
 17 River Drive Waukegan, Wisconsin

SERVICE TABLE WAGON

 Large Broad Wide Table
 Top — Removable Glass
 Service Tray — Double
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 Handles — Large, Deep
 Underneath — "Selen-
 tically Silent" — Rubber
 Tired — Swivel Wheels.
 A high grade piece of fur-
 niture surpassing any-
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"I can readily believe that," replied his fair companion. "I once made one that way myself."

"May I ask what it was?"

"Certainly," replied the fair one. "I found that by keeping a bottle of ink handy you can use a fountain pen just like any other pen—without all the trouble of filling it."

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HOME-MAKING is the greatest of all the professions—greatest in numbers and greatest in its influence on the individual and on society. All industry is conducted for the home, directly or indirectly, but the industries directly allied to the home are vastly important, as the food industries, clothing industries, etc. Study of home economics leads directly to many well paid vocations as well as to home efficiency.

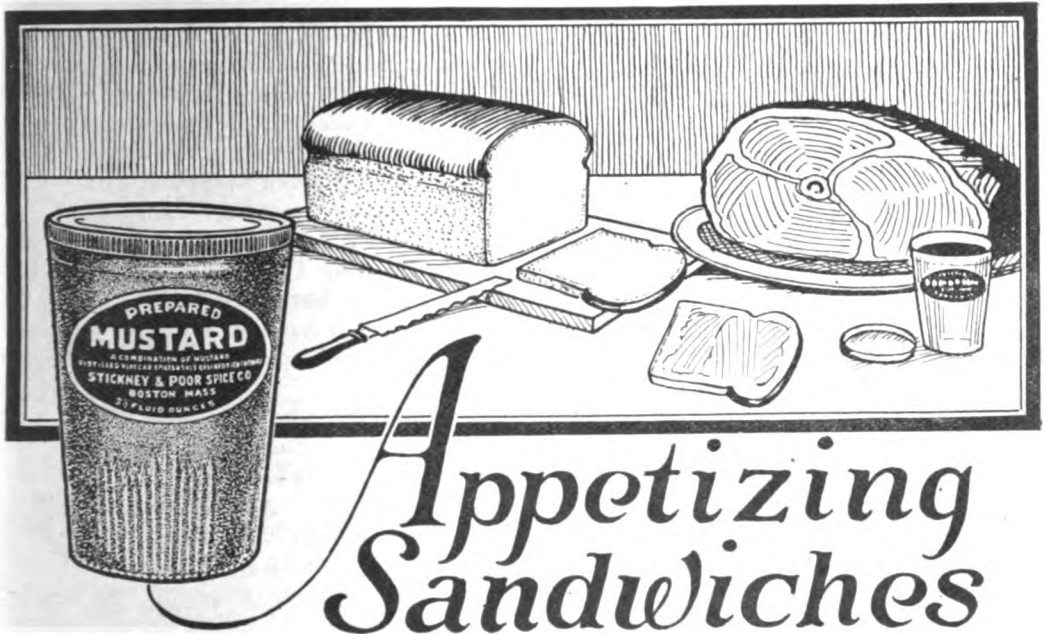
Since 1905 the American School of Home Economics has given home-study courses to over 30,000 housekeepers, teachers, and others. The special text-books have been used for class work in over 500 schools.

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—Adv.



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Little Jane's brothers promptly ate their pieces, but she stood looking at the candy in her hand with a puzzled air.

"Why don't you eat it, Jane?" her mother asked.

"Because," she explained, "then how could I give it back if it's just lent?"

Pretty Girl: "Any letters for me?"

Young Clerk: "No, Miss."

Pretty Girl: "I am surprised."

Young Clerk (gallantly): "So am I!"

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—Adv.



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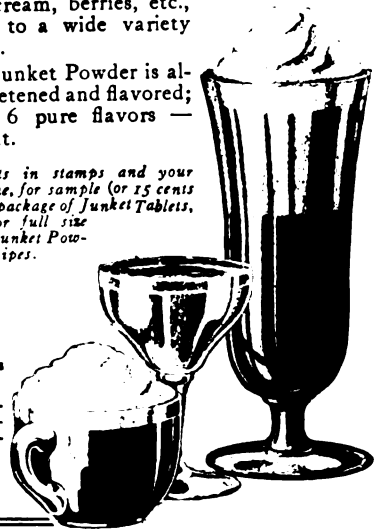
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Swans Down does away with cake failures and the waste of expensive ingredients. In countless homes it is daily effecting a worthwhile economy.

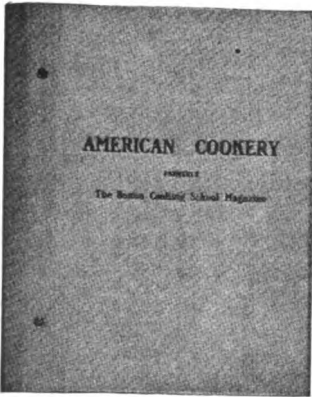
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This shows the jelly turned from the mould

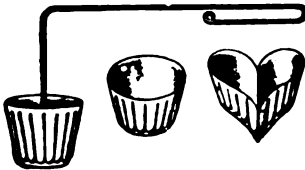
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.



This shows mould (upside down)

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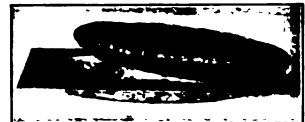
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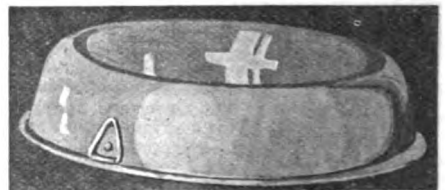
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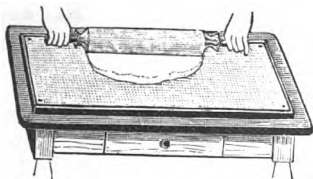
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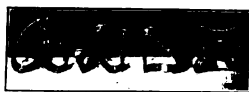
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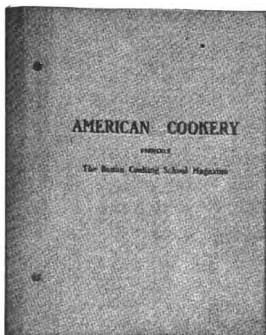
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Should be in every home. It treats in detail the three meals a day, in their several varieties, from the light family affair to the formal and company function. Appropriate menus are given for each occasion. The well-balanced diet is kept constantly in view. Table china, glass and silver, and table linen, all are described and illustrated. In short, how to plan, how to serve and how to behave at these meals, is the author's motive in writing the book. This motive has been clearly and admirably well carried out. Table etiquette might well be the subtitle of the volume.

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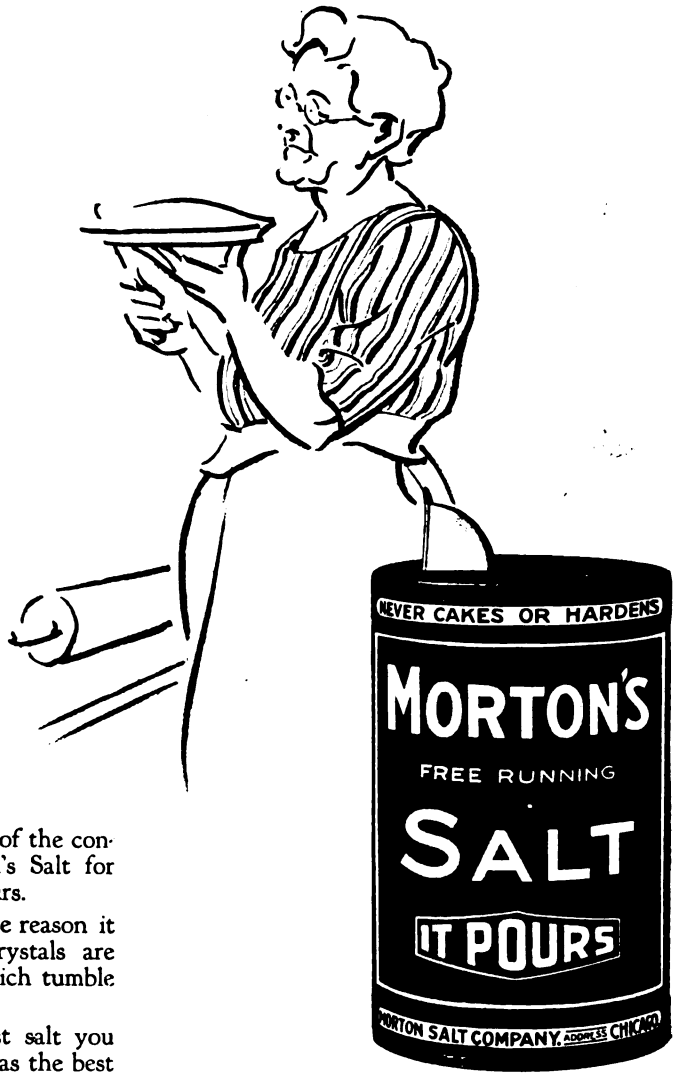
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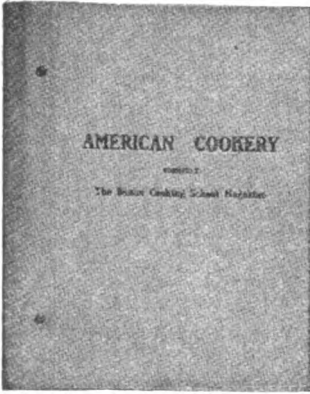
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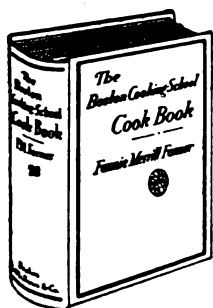
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Little Radiant April

Down in a hollow sheltered to windward,
Veiled by the golden wands of a willow tree,
Throat a-bubble with a song of springtime,
Little radiant April sat and smiled at me.

Sat on a snow-bank — the very lap of winter!
Shivered a little, and couldn't hide her fears.
Oh, then the sun came and melted winter's white
beard!
Little radiant April laughed through her tears.

Forth then she came from the shadow to the
sunshine.
Every creature thrilled to life and from his lair
crept out.
The lilt of her laughter set the larks a-soaring;
The light on her saucy face was like a happy
shout.

Brooks fell a-singing just for the joy of her;
Grass came leaping, green and strong and fleet,
And down I stooped and kissed upon the
meadows
The gay golden imprints of April's twinkling
feet.

Helen Coale Crew.



THE CITIFIED COLONIAL ENTRANCE

American Cookery

VOL. XXVI

APRIL, 1922

NO. 9

"The Porch Talks"

By Catherine Schultz

THAT the porch must fit the house is an undeniable fact, and that it speaks in a language all its own is authoritative, for does it not have a sign language decipherable to the student of architecture? From the days of the first projection, over the simple doorway, until the present time, does not each separate porch or doorway relate some fascinating tale, told through its period and design?

Sentimentally, porches reveal history; architecturally, they predict the many eras that have transpired since our country's birth, lending themselves to crafty inter-weaving of old and new, for do we not discover the same motifs appearing and disappearing? So do they pleasantly converse with us, first in the language of the rude log cabins, recalling vividly the period when two rough planks fastened by horizontal boards, and hung on leather hinges, protected the early settlers from Indian sorties. Today, we find this same type reappearing, known familiarly as "flush," or "slab," doors, laid with grain running at right angles, cross barred and most popular for bungalow use.

Not alone in the city where stately homes stand, cool and critical along the residential streets, displaying splendidly proportioned porches, refined in detail, showing impressive workmanship, architectural adjuncts in happy keeping with the whole. It is along the byways, far removed from noisy streets, where wide expanses of landscape lead out from wooded paths, that we come upon the most satisfying porches and shelters,

many of which depict quaint architecture, breaking out irregularly over broad doors, most picturesque in their odd shapes; oftentimes they are of slate color, or gleaming bright with their coating of tiles against the soft cream of the concrete house. It needs small-paned windows, irregularly inserted on either side, and a tangle of wall-flowers or lilacs at the very door, to complete the effect.

There is a constant inspiration to evolve new ideas, carry out pet theories, often through planting, that will eventually transform a porch into a bower of beauty. Years ago this was not a practical undertaking, and yet nothing is more charming than the plain, simple, weathered door, ornamented, perchance, with nail heads and linking the house and entrance so



A SMALL COLONIAL PORCH

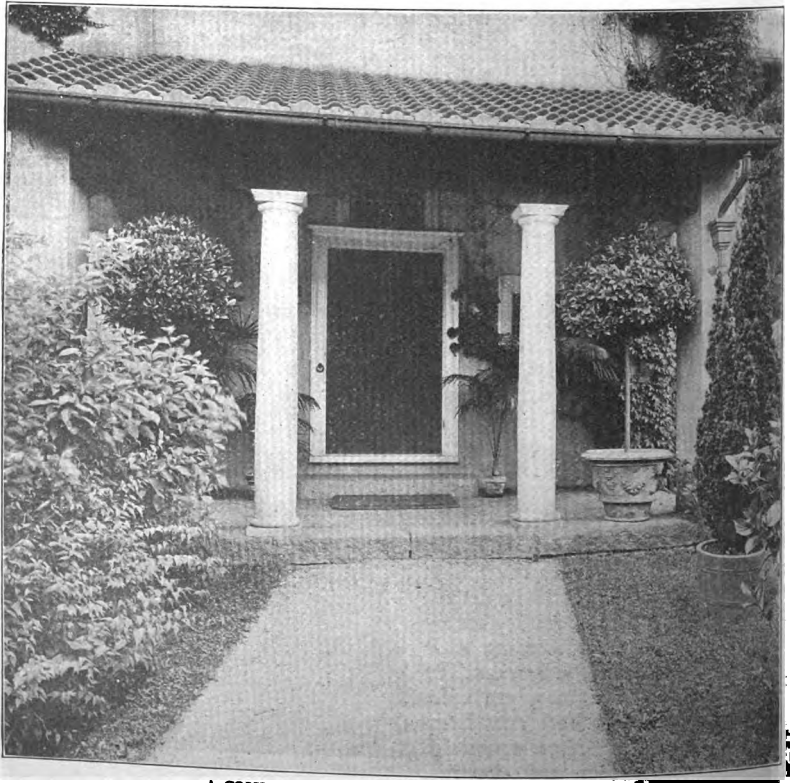
consistently that everybody feels its charm, and, naturally, it is to these olden days that our architects are turning for copy, taking here a bit, and there another to fit them into Century schemes.

Nothing has ever superseded the dignified classical porch of the early 19th Century, and the charm lies, not entirely in its hand-tooled columns or its pediments, but often in the treatment of planting, for occasionally attractive bushes have been placed on either side, and now and again we find window boxes lending a gleam of color, which is most entrancing. This applies more to a country Colonial design than to a citified one, and small-paned windows, so synonymous of the early days, carry us back to the period when old-fashioned flowers

were a feature, sometimes at the front, but more often at the rear of the house.

The goodly heritage of American architecture boasts many a thought which is well worth preserving. Let us take, as an instance, those stately Colonial porches with panelled doors, showing fan-lights overhead and side-lights on either side, and add to them a latticed arch, on which rests the pediment, allowing for a profusion of vines. This adaptation of the 19th Century scheme is particularly attractive when used in connection with a white clap-boarded house, whose windows show twenty-four panes, and rough stone steps, clothed with a wealth of vines, the gray of the stone peering out from beneath the line of trailing green.

There are many kinds of porches that



A COSY SHELTER, WHICH SHOWS A TILED ROOF

depict character and individuality on account of their being so happily executed, and they range from the enclosed, depicting leaded side-lights, those with Ionic feeling, and to the tasteful semi-oval porch, which was evolved when McIntire realized the possibilities of slender interpretation of Corinthian columns and entablature.

Motoring along country roads, how charming it is to discover artistic porches, oftentimes near shelters, resting on rustic supports, each one possessing possibilities that are most alluring, and seemingly wooing one to enter, that she may satisfy herself as to whether the interior is half as charming as the entrance porch. A relic of former days, made use of today, is the thatch shelter which hardens as the years go by, and becomes picturesque with mosses and grasses that spring up, attracting birds to nest among them.

There is a charming little lattice porch that curls itself around a farmhouse entrance, transforming a simple, unpretentious abode into one that is most inviting; as yet it is in its infancy, but as years roll by rambler roses will have clambered over it, covering the interstices, and the sweet-scented honeysuckle will intermix, perfuming the air, attracting humming birds, who flutter overhead, sipping nectar from the flower, while the gay-winged butterfly hovers everywhere.

In creating a porch it is well to bear in mind that consistency is not the only feature to be considered, for it must be



A LATTICE PORCH WITH VINES AND JARS OF IRIS

attractive, as it is the first thing that catches the eye of the passer-by, making a lasting impression for either good or bad, and the surroundings must be in harmony.

There is such a wealth of material to be used in its topping, and there are so many shapes available that there need never be monotony in its treatment. Very often slate is most satisfactory, for it is durable, as well as forming a protection against fire and leakage; surely its cost is very little more than shingles. It comes today in so many charming shades, ranging from red, green to purple, soft, rich and warm, with the quality of being unfadable; then, too, there are many different sizes and thicknesses. The patterns are most enchanting, cut in diamond shapes, fish scales, light and dark

green in effect, producing a most charming variety.

Tiling is very much in use, not only in connection with stucco, but wood. Like slate, we find it in every tone and color, weathering superbly. Not always is it red, for it varies according to the burn, so that a variegated tiled roof is often most effective. When shelters are evolved, shingles, slate, or tiles are adaptable, but if the topping is flat, tin, copper, lead, or zinc, is more effective, while asbestos is admirable for this purpose.

Color scheme should be taken into consideration in the planting, for should the siding and trim be white and the shingled roof red, there is demanded a terraced

brick flooring, with white settles on either side, the color scheme being relieved by a liberal use of greenery. This can be obtained by roses and vines, intermingled, making a mass of green when the flowers have faded. The doorway may be simple, nothing more than columns that support a pointed pediment, but it is the trimming that lends charm, and why not vary it by mingling pink and rambler roses in a mass, and adding an old-fashioned brass knocker to the outside of the door, for sentiment's sake, if for nothing else?

If feasible, have a brick terrace, as a door stoop, but be sure it is large enough to accommodate plenty of chairs and is raised sufficiently high from the ground



PORCH OF CEMENT, A MOST ATTRACTIVE ENTRANCE

to be dry when the grass is dewy-wet.

By all means design a porch for your house, taking great care that it be picturesque, and painted so as to add a touch of color to what otherwise might be a

monotonous exterior, bearing in mind that there is nothing so satisfying as an interesting doorway or shelter with snatches of color and brightness that inspire one as he gazes upon it.



HILDRETH FARM, AN OLD-FASHIONED NEW ENGLAND HOMESTEAD

A Partnership in Maple Sugar

By Ella Shannon Bowles

IF you should, some pleasant day in summer, take a trip to Sugar Hill, New Hampshire, you would find, nestling comfortably on the southern slope, the well-cared-for, old-fashioned homestead and large barns belonging to the Hildreth Farm. Looking from the veranda, across the broad acres and over the gulf of the Franconia Valley, you would see one of the finest views in the "Old Granite State," the rough ridges and rugged outlines of the Franconia Range of the White Mountains, including Mt. Lafayette, the highest peak in the range, Profile Mountain, from whose side "The Old Man of the Mountain" has

watched the notch for centuries, and irregular old Kinsman, noted for its lake and waterfalls.

And here in the white farmhouse was born and developed the "Hildex Maple Sugar" industry, which grew from the partnership that was formed when Wilfred Dexter married Lucy Hildreth.

"You see, Lucy really founded the business," Mr. Dexter told me, as we sat in the cheerful living room at Hildreth Farm, "and we've worked it out together. Now we send maple sugar to every state in the Union, and have filled orders going to England, France, Germany, Scotland, Switzerland, Italy and Japan, but the

whole thing really started when my wife, as a little girl, filled her basket with sugar cakes, made by her mother, and sold them to the guests staying in the surrounding summer hotels and the boarding-houses."

But I had heard of other little girls selling sugar cakes without developing a maple sugar business of the size built up by the Hildex products, so I began eagerly to ask questions. From the answers I found that behind the project lay the gift of imagination, great executive ability and a keen business sense, as well as mutual co-operation between two people working for an object in which both are interested.

At first, Mrs. Dexter carried on the business herself. That was in the days when mountain-wagons and "tally-hos" were common in the mountains, and tourists, driving by the farm, stopped to buy the delicious maple sugar cakes she made. But, soon the fame of the sugar spread, and the trees on the place could not supply enough sap to "boil down" to meet the demand, and little Mrs. Dexter worked early and late to make enough goodies to meet the demands of her

customers. It was then that she interested her husband, and, with the imagination so characteristic of him, Wilfred Dexter looked into the future and pictured the mammoth business, which he and his wife eventually built up.

"I saw that the first thing to do was to get sugar to make the cakes from and to advertise, and because we had made it a slogan that we would furnish only the best products, I was very particular where I contracted for my material. I would use what we could produce on our own farm, and then buy the best that I could find in New Hampshire or Vermont. When I was sure that we had just the right kind of a product, I began to advertise. The day of the automobile had arrived, so I began my campaign by placing small, neat signs along the roads. The hoary saying, that satisfied customers are the best advertisers, is so antique that I hate to repeat it, but it's really so. One customer would bring another, or ask us to send some of our sugar to friends. Then, almost invariably, these friends became customers, also. Then we decided upon a characteristic trade-



VIEW ACROSS THE CORNFIELD AT HILDRETH FARM

mark. You'll notice that our trade-name is a combination of two names, Hildreth and Dexter — we call our brand 'Hildex.' This word, combined with a maple leaf, is our 'coat of arms,' and is used on all our boxes. We also hit upon the scheme of giving our patrons small cook books, filled with recipes to be made from Hildex products, and, as they oftentimes send them to others, this proves good advertising for us. Then, in our boxes, we place a small card bearing a picture of the farmhouse and the following little verse, written by my mother:

'I send thee sweets from the maple tree,
A royal gift of forests free,
That broadly roam at their wild will,
And crown the far-famed Sugar Hill.

'Imprisoned in each golden cake
Is purity of mountain lake,
And spice and tang of deepest woods
Where hermits nest and partridge broods.'

"This seems to be popular, and helps fix our goods in people's minds.

"But we might do all the advertising in the world," Mr. Dexter continued, "and if we didn't deliver the goods, it wouldn't amount to shucks. But, Mrs. Dexter understands maple sugar, and, although the business has grown so that we are obliged to hire a number of helpers, she keeps a personal eye on every step of the making. We are constantly studying new ideas and trying to perfect the old ones, and are yearly adding to the variety of products we send out. Today, we sell plain cakes, nut cakes, bricks, cans of soft sugar, maple sugar spread, dry sugar and syrup, and we use over twenty different sizes of mailing boxes.

"We try to make our boxes as attractive as we can, and pride ourselves upon our promptness in filling orders, and guarantee safe delivery and perfect satisfaction. And to hold the class of trade we do, we'd just have to," Mr. Dexter smiled.

"When we first started, my wife sold from the door," Mr. Dexter went on. "But now we have made a store in the

house where orders are taken and products sold. Naturally, the bookkeeping and business end of this project is something to be reckoned with, but Mrs. Dexter and I carry it on together.

"You ask me to what extent the business has grown — well, let me see," he turned to his desk and brought out a note-book and a handful of uncashed checks. "You see these checks, which are a few we have just received on our Christmas trade — now look here — it may be a coincidence, yet, my banker often speaks of it, no two checks are on the same bank. That shows just a little the variety of places to which we send our goods. Every year, every month, the business grows." He looked through the notebook. "See here, here's something I worked out the other day — we did more business in one day last summer than we did in one season fifteen years ago.

"What would I advise a young person starting in in this business? Why, just what I would advise any one starting any business! In the first place, find something the public wants. In our case, we knew that people always like sweet things, and we also knew that maple sugar is a product that cannot be obtained in all places. Next, find a locality that is adapted to placing your wares before your customers. You will notice that we were already living in a region which calls tourists from all over the world. On the other hand, don't think this business can't be worked up elsewhere, for I personally know a young man who's making a success of it in a large city. Then get the best and purest materials you can find, make them into the most toothsome sweets your ingenuity can devise, put them up attractively, and then advertise for all you're worth. But be sure you give just what you advertise. We've had all kind of chances to place our maple sugar in tea-houses and gift shops, from Maine to California, but we will not put it anywhere out of motoring distance from our farm. We wish to

know that it's absolutely fresh, and that no person will try to sell it unless it is in perfect condition."

As I finished nibbling my delicious sugar cake, I asked Mr. Dexter, "And how about that cantata you Sugar Hill folks are giving?"

His eyes sparkled and his face lit up, for once again I had touched upon a subject in which he is vitally interested. Music is a passion with him, and no gathering for miles around is complete unless "Will" Dexter sings just one song. Both Mr. and Mrs. Dexter, notwithstanding the fact that they are successful business people, are never too busy to assist in the development of town affairs, or to take an active part in the life of the Community Church of Sugar Hill.

Recipes from "Hildex" Maple Sugar Farm

(PERMISSION OF MRS. DEXTER)

Maple Penoché. One cup and one-half of white sugar, one cup of maple sugar, one cup of milk, one-fourth a teaspoonful of almond flavoring, one tablespoonful of butter, a pinch of salt, three-fourths a cup of chopped peanuts. Cook both kinds of sugar, milk, butter and salt to the soft-ball stage. Set in a dish of cold water without jarring or stirring until thoroughly cool, then add nuts and flavoring and beat until creamy.

Maple Custard Pie. Three eggs, one-half a cup of soft maple sugar, two teaspoonfuls of white sugar, one teaspoonful of flour, and a pinch of salt. Heat one pint and one-half of milk and pour

over the mixture, and bake in a deep pie shell.

Maple Filling for Layer Cake. One cup of maple syrup, one-half a cup of whipped cream, the white of one egg, and a few grains of salt. Boil syrup until it threads; add salt to egg-white and beat until stiff; pour the syrup, very slowly, over the egg-white, stirring all the time; add the cream and continue beating until the mixture is thick enough to stand. After it is piled on the cake, sprinkle with chopped butternuts.

Maple Mousse. One-half a cup of maple syrup, two egg-yolks, one egg-white, one-half a cup of cream. Heat the maple syrup to the boiling point and pour slowly over the beaten egg-yolks. Beat the egg-whites and cream, and fold into the custard mixture. Pack immediately, using equal parts of salt and ice, and let stand for about three hours.

Maple Whipped Cream. Beat one cup of cream until stiff. Add one-third a cup of maple spread; beat slowly until well mixed, and then beat rapidly until firm.

Maple Hard Sauce. Mix, as for any hard sauce, using the proportions of one-fourth a cup of butter and one-half a cup of very fine-shaved brick maple sugar.

Maple French Toast. Prepare French toast in the usual manner and while hot sprinkle with dry maple sugar.

Maple and Oranges. Slice oranges and sweeten with dry maple sugar. Beat the white of an egg, stiff, and add one-half a cup of dry maple sugar. Place oranges in small dishes and top with sweetened egg-white.

Jewels of Spring

The pouch that hides Aladdin's jewels
Yawns at last for all to see,
And I glimpse as precious treasure
As ere decked Xerxes' sacred tree.

Spheres of crystal, jade and amber,
Costly chrysoprase and jet;
Topaz of the heart's desiring,
Gems to grace a coronet.

Sapphire blue gives back the sunlight;
Dusky opals glow and flaune;
Side by side with agates glimmer
Stones too rare for me to name.

Laddie calls them "mibs" and "shooters,"
Words that to my mem'ry sing.
Aladdin's pouch is Laddie's pocket —
For it's marble-time — and Spring.

Mauds Olmstead.

Housekeeping in the Philippines

By Kathleen Tyndall

ONE June day, standing on the deck of the Army Transport *Buford*, now, in these later days of her notoriety, the Soviet Ark, we watched the picturesque harbor of Guam, somewhere in the Pacific, fade away into the sunset, while we headed for the open seas, Manila bound! Late in the afternoon of July 3, we passed Corregidor and soon dropped anchor in the bay—Manila at last!

After thirty days at sea, our first thought, after finding an hotel, was to locate a laundry. Our room boy, a most tropical-looking individual, with flying shirt-tail and winged feet, offered to bring one. Having a vision of him returning with a laundry in tow, we awaited developments. Presently he returned accompanied by a slim, gentle-voiced Filipina, who said, "Me lavendera." Upon the departure of the lavendera with our entire wardrobe, tied in a sheet and coyly balanced on her head, we prepared to sally forth to dine. However, much to our surprise and chagrin, our steamer trunks with all the clean clothes were still safely tucked away in the hold of the *Buford*.

All the shops were closed, of course, so early next morning we started out in a calesa, a native vehicle much like a phaeton, only smaller and with a seat for the cochero at your feet, or more nearly on your knees. The pony, a cross between a Gargantuan rat and the Indian ponies one sees in pictures, darted in and out between trolleys, motors, caraboa carts and pedestrians with a nonchalance and utter disregard for wind and limb, which did not fascinate us. Every store was again closed in honor of the Fourth, but finally, in a veritable hole in the wall, presided over by a fat, smiley Chinaman, we found two pairs of

pajamas, the stiffest, bluest garments ever fashioned.

After a few days spent in Manila, with friends quartered in one of the old Spanish palaces in Fort Santiago, where the arms of Spain were carved at the entrance doors, and from whose walls we could look down into the courtyard of one of the oldest convents in the Philippines, we left for our station Camp Stotsenberg, in the Province of Pampanga.

Stotsenberg has long been a post for our troops, situated seventy miles from Manila in the beautiful Pampanga Valley, which the Spaniards called the valley of death on account of the very severe form of malaria prevalent there.

Throng of natives swarmed around the stations; many, in fact most, of the men, carrying their favorite fighting cock under one arm, while some of the women, placid, kindly faced people, had long, black, evilish cigars in their mouths.

The trains are too droll, quite small, fussy, important busybodies, who make a great clatter. Upon preparing for departure, they clang a bell, blow a bugle, and finally, after a great to-do, depart with much bustle. The conductor and inspector demand to see your ticket alarmingly often. First-class passengers sit in state with a rug to put their august feet upon, while second class sit in the same sort of a compartment without the blandishment of the rug. Personally, I have always thought the rug, despite its class, a bit germey. After five hours of bustling in and out of stations our journey was accomplished, and we climbed out with our Chinese cook, whom we brought from Manila with us, into the "bus," and soon drew up in front of our own Nipà shack.

An immaculate, white-clad Filipino boy, with a shock of black cocoanut-

oiled hair, stood on the horse block, making little bows, and ushering us into our domain. His name, he told me, was Crispulo Cagan, and he had elected himself our houseboy for the vast sum of ten pesos, five dollars a month.

Our part of the post was quite new, a row of twelve Nipa houses for the officers, wooden barracks across the parade, and under the lee of the hills, the stables. The cogon grass, fully ten feet high, came down almost to our very doors, and presented a waving sea of verdure.

These Nipa houses, though crude, are most comfortable, and built to sway with the earthquakes, and are also open to the birds, who housekeep above most brazenly. That is why, by the way, that one finds, in every house of this sort, a huge, open Japanese umbrella hung over the dining table, an absolute household necessity. Occasionally, a young and inexperienced lizard would come down in a tail spin from the rafters, leaving a bit of his tail as a souvenir of his visit. I think their tail supply is like unto that of the cat, endowed with nine lives, or the fox in the fairy story who rejoiced in seven beautiful tails. Speaking of cats, the Philippine feline has a most abbreviated curlicue of a tail, being first cousins to those cats which hail from the Isle of Man.

While in Manila, we had bought in Calle San Jacinto, that fascinating street where all the Chinese wicker makers have their shops, an assortment of reed furniture, and an outlay of Chinese and Japanese tableware. In two days we were settled, and ready for whatever adventures the Philippines might offer.

Our Chinaman proved a jewel and our house boy, Crispulo, with his precise, correct English, a never-ending joy. He brought in two lavenderas, Robina and Dolores, who sat on the floor like tailors, and, with their queer native charcoal irons, proceeded to do all our laundry, white uniforms, khaki, table linen, everything. For two years, three days out of each week, they came, faithful, rain or

shine, never late, always there, it seems a dream to look back upon. At sunset every evening they could be seen from all directions, scores of lavenderas, returning home across the fields, like butterflies, with their scarlet skirts and camezas of softer shades flitting in and out between the wonderful tropic green of tree and grass.

The Philippine woman of the masses, the only one I know, is an intelligent, soft-voiced, gentle person, who leaves with you always a pleasant memory of her kindliness.

On unpacking our trunks, I came across the pajamas of startling hue and texture, and calling Crispulo, asked if he would like to have them. His rapture was such that he could only gasp, "Oh! Ma'am!"

Several weeks later we gave our first dinner party, when, to our consternation, in pranced Crispulo, starched to the nines, resplendent in the blue pajamas, and proudly bearing aloft the cocktail tray. A few weeks later he served our dinner in a pongee shirt waist with green dots and a lace jabot which I had discarded. We never again saw these costumes, but as Lee was seen brandishing the carving knife, and screaming in unintelligible English, we decided that he had put the ban on fancy dress.

When we started to the Philippines, we were warned not to take our silver or anything of value, just why I cannot yet see. In our three years there, with house boys, cooks and lavenderas constantly about the house, we never lost or had stolen one thing, in truth our "boys" took better care of our things than we did, and I doubt if we ever again can leave things so safely as in their guardianship.

The hills, where lived the Negritos, the lowest form of human life found in those islands, came down near our Post. These primitives came down, bringing airplants and orchids for sale, also bows and arrows. They are great beggars, always hungry, and even the children shout in chorus, "A pesata, a pesata," meaning, "A dime, a dime."

One drowsy afternoon, while writing home letters, though I heard no sound, I became aware that some one was looking at me, and on glancing up I saw standing in the open door a very old, emaciated man, clad only in a dirty "gee" string, and holding in one hand his bows and arrows, and in the other a very handsome, highly colored bird's head. Putting these down, and with one hand pointing to his mouth and the other clasped at his stomach, he gave me to understand his need of food. After this, often these people stopped at our house, often only to stand and grin at me, in lieu of a common language. The women all wore skirts of a sort, but quite frankly discarded anything related to blouses, while the children came forth quite as God made them. The Negritos live in fear of the Filipinos, in fact, with a few exceptions, they seem to consider the hand of man against them, and do not often stray down from their mountain home.

On the Stotsenberg reservation a group of renegade Negritos had established themselves under a sort of chief by the name of Lucas.

Lucas, with his following of wives, children and henchmen, was a familiar sight about the Post. Clothes seem to have made a great impression on his mind, and he had, painstakingly, collected a wardrobe. Some one gave him a high hat, a genuine stovepipe, others contributed khaki blouses and breeches, a pair of child's black button shoes, and as a final touch of elegance, red polo bandages wound around his legs for puttees, made a figure of style indeed. Lucas, undoubtedly, invented the spiral leggings, so much in vogue during the War, though his fame is still unsung. One day, by virtue of much waving of arms, pidgin English and unheard-of Tagalog, I inquired, "How many wives have you, Lucas?" Holding up the fingers of one hand, he said, boastfully, "Cinco!" "Five!" Then I asked, "How many pikaninnies?" but at that he rolled his

eyes, shrugged his shoulders and gave me to understand that he didn't know, or rather that he should worry.

The Negrito, timid, wild thing that he is, is not an enemy to be despised, being an artist with his bows and arrows, and having, also, a knowledge of distilling poison for his "war arrows."

One morning early, going down to the commissary, the sergeant called to me to come up on the porch, and pointed to a seething mass of people on the plain below, Filipinos, Negritos, some on foot, many in carromatas, showing they had comes miles, for the Filipinos are great walkers. There seemed literally swarms of them. Upon inquiry, I found that there was a killing on of condemned horses and mules, and each man was there to get as many tidbits as he could possibly gather. Later on, a string of Negritos, men and women, filed by our house on their way to the hills, each with a piece of horse or mule slung over his shoulder. One woman had a mule's head, a most unlovely sight, hanging over her back, while, with her other hand, she grasped a horse's leg. It made one think of the lines from the old army song, "The Philippine Hombre":

"They dined off a mule, who had glanders inside,
And now the whole family's No esta."

About this time Crispulo, our house boy, decided to take a vacation, and visit his native home of Tarlac, which was, by the way, the last capital of the Aguinaldo régime. During his absence he brought a friend to buttle for us by the name of Damilio Guzman. At once I said, "Your name is Bill, Damilio is too long."

During the first months of Bill's sojourn with us, we moved into a concrete house, and the second day of our stay, I found written with chalk across the entire side of the house, "Bill Guzman, U. S. Army."

One day Bill Guzman, U. S. A., came tearing down the road from the Post garden, literally hitting the ground in high places and fetching a yell at every fourth jump. His hair, which he wore à

la mop, stood on end and his hat was nowhere to be seen. It appeared that while engaged in the peaceful pursuit of gathering flowers for the adornment of our house, some Negrito, mistaking him for another boy for whom he had a grudge, let fly an arrow which missed its mark by a very narrow margin. If there was another one shot it fell far short, for by that time Bill was out for the record. Ever after we either went flowerless, or I went after them myself, for as far as Bill was concerned, the garden was taboo. This garden was a joy, with its never-ending supply of flowers and coleuses, the latter the handsomest I've ever seen. Every one has heard of the beautiful flowering vine "Cadena de Amor," chain of love, which we, in this unpoetic country, call Queen's Crown.

The Filipino is intrinsically honest, I think; for example, during the maneuvers of 1913, the artillery of a certain regiment damaged, beyond recall, an entire field of corn. The owner, a Filipino of the class, to my way of thinking, the backbone of the land, assessed the corn at its exact value when pressure was brought on him to do so. How many of our own people, in dealing with the government, particularly the War Department, would not have seen an opportunity for a few extra pence?

During these maneuvers I, in company with a friend, went up to Baguio in the mountains over the wonderful Benguet automobile road. Baguio is the summer capital of the islands. What Simla is to India, Baguio is to the Philippines. Here we found the Igorrotes, next to the Moros, to me by far the most interesting group of people to be found in the islands. One Igorrote baseball team adopted blue shirts, caps and gee strings as their uniforms, but when the game became heated, the shirts and caps went by the board.

The dog market in Baguio was, and still is, an interesting and distressing sight. The poor creatures are brought or miles up the mountains and the pur-

chaser-elect prods and pokes the gaunt ribs of his prospective meal with an investigating finger. When the bargain is struck the new owner leads his dog away to form the *pièce de résistance* of the family feast.

The Igorrotes weave very good cloth, and the women wear clothing to cover the entire body. They make, out of green bamboo, a most artistic basket, which they carry over the shoulders, the weight being supported by a band across the forehead.

Very often one sees on an otherwise barren, rocky hillside an Igorrote rice paddy or "camote" sweet potato patch.

We were invited to the funeral rites of an old Igorrote, who had recently died. He was wrapped in many coverings, and looked as though he had been fetched from an Egyptian tomb. He was strapped into a crude chair, elevated many feet into the air, and under which a slow fire was burning. The richer the man, the longer he smoked. This honoree had been in this chair of state for a fortnight, so we concluded that he had been a person of affluence.

Upon arriving at Fort William McKinley, just out of Manila, we acquired, in place of Lee, whom we had been forced to leave behind, a Visayan, who is, of course, a native of the Visayan Islands, south of Manila, which is on the most northerly of the islands, Luzon. Our house boy from Ilocos Sur, a province bordering on the Igorrote country, and who rejoiced in the name of Serio, proved to be a jewel. For a few weeks we had a boy from Jolo, Gregorio, who on every Saturday morning, proceeded to sit on a beer bottle on the back porch and polish the silver and brass. This feat seemed in no wise to disturb his comfort and be it recorded that the beer bottle always remained whole and full.

During the absence of the troops at target practice, Serio and the boy of our Commanding Officer, who had long had a feud brewing, decided to fight it out if it took all summer. At first they danced

around each other, for all the world like two banty roosters, and I managed to separate them before they came to what the soldiers call a clinch. Later on the lavenderas rushed in with wild tales of "mucho combate," and on going out I found the *melée* on in real earnest.

The major's boy had returned with a knife, at least a few feet long, which he claimed to have taken from a dead Moro; of course, the Moro was very dead.

Serio had snatched up a short-handled axe and seemed at an advantage. The lavenderas were screeching like parrots and were, I am firmly convinced, urging on the conflict. Anyway, as I had nothing seriously against either of them, I decided to save their joint lives by stopping the fight.

One afternoon, during the siesta time, while reading by the window, I was disturbed by the most extraordinary clatter from our four hens and two ducks, which seemed quite beside themselves and which, like the geese of Rome, seemed bound on spreading the alarm. Looking out the window, I saw the strangest procession it has yet been my lot to see. An iguana, belonging to the lizard family, about four feet long, standing on four short, horny legs, and altogether the most villainous-looking customer one can imagine, came walking slowly across the yard with the fowls in close attendance. Whenever they became too interested in his movements, he would lash out with his tail and give out a loud hiss, whereupon the cackling broke out afresh. He took up his residence under our house, and on quiet days, when the Provost found time hanging heavy on his hands, he would lie on his stomach and practice marksmanship with the iguana as an unwilling target.

At McKinley, I made the acquaintance of a most interesting old embroidery vendor by the name of Felipe. Felipe had a most unusual sense of humor and he made Serio's life a nightmare by hinting darkly of an affair between him and

one of my lavenderas. Felipe's English was quite as limited as my Tagalog, but by some channel we managed to converse. He was particularly interested in Na Yawk, as he called it, and while hailing from Texas, I tried vainly to introduce him to that mighty state, but I never seemed to put it over. Na Yawk held her own as queen of his dreams. After some months he confided to me that his wife was "sick in the head," meaning, of course, insane.

His small son, aged three years, through some oversight had not been vaccinated, and as this was most necessary in that tropic land, we saw that it was attended to. Shortly after that he told me that his baby had a "malo" eye and would I please take him to the hospital and have the medico make it well. On the appointed morning, when Felipe and the baby and I were to go to the hospital for the looking over, he appeared, much to my surprise, with a tall, slim boy some sixteen years of age, with a very malo eye indeed, quite beyond any one's power of curing, as the age of miracles is past. But I fear that Felipe's faith in me, the medico and all American institutions suffered in consequence.

It seems to be believed that Orientals have no sense of humor, but I have found it cropping out in the most unexpected places. Quong, a Chinaman who came about the Post selling pongee, Chinese linen and other things dear to the hearts of women, appeared one day with a coolie carrying his hampers. I, of course, remarked on this sign of prosperity, whereupon he grinned a very wide smile, indeed, and said, "Oh! yes; I can well afford to have a coolie since you came to the Post," which was a joke, indeed, as my purchases were exceedingly slim.

On another occasion a lady, weighing several stone, came to call and on leaving, as she stepped into her calesa, her weight yanked the pony off his feet. The cocheró stood up, whooping. My husband rushed to the pony's aid, and by hanging to his bit, helped him to get

a foothold, which he had been wildly clawing for, and when all was set the cohero turned to us and said, with a regular Shylock gleam to his eye, "She too fat, I charge her for two."

When the new Governor General came many of the politicians thought Emancipation day had dawned, indeed. We were packing to leave for the States, and our house boy kept begging to be brought along, but as we were bound for the Border it seemed like folly to chance it. At last, when he found I really could not bring him, he said, sorrowfully, "Oh! Ma'am, many times when you have a black American cooking for you, you will cry for Serio." He was a true prophet. I have.

The Philippine women of great wealth are often the possessors of very handsome jewels, much of it from France,

but a great deal of it lovely old jewelry of Spanish design. At the first ball given by the new Governor General at the Malacan Palace in honor of the Philippine assembly, we saw some wonderful jewels. One pin, in the form of a tree, made of rubies and diamonds, fairly blazed forth.

It gives one a tug at the heart strings to see in the Malacan Palace, the old governor's palace, a portrait of Maria Christina, the Queen Regent of Spain, and King Alphonse as a child. They seem to look with sad eyes at these aliens in the walls that were once Spain's.

Manila is wonderful, full of color, mystery and an allure that must always be there in spite of time, commercialism, and an attempted westernizing of the East.

"For the temple bells are calling,
And 'tis there that I would be."

The Happiness Expert

By Mary B. Norman

EMERSON said, "Consistency is the bugbear of small minds." Would there not be equal truth in the aphorism: "Efficiency is the summum bonum of narrow minds?" A writer in *The Atlantic* is of the opinion that the only man who can afford to be efficient is the efficiency expert; and if this is true of a man, how much more true of a woman, an average home woman, whose chief business in life is to attend to details, who

"Doeth little kindnesses which most leave undone or despise"; a woman who must not have a definite, personal ambition, but only a broad, general aspiration to add to the happiness of the world.

Genius is not susceptible of interruption. It pursues its way whether school keeps or not. Therefore, it is proverbial that geniuses are not the pleasantest people to live with. They may inspire

the world with admiration and gratitude, but they are likely to stimulate in members of their family, a disposition to throw brickbats—though even brickbats could not arrest the divine current, the sweet flow of subliminal meditation. A real genius would not likely go out to find a house for his family to live in, and if he did he would not be able to remember whether he had ten children or two. A man of genius *cannot* be interrupted.

The efficiency expert *may* not be interrupted. The people about him soon learn his intense intenseness, the necessity that his ideas be realized. He suggests a certain young doctor I once knew, who always tore like mad through the streets of the town, as if every patient were dying for want of his immediate presence.

Now, it seems to me that the very existence of the efficiency expert must

indicate that there are persons around him who are not efficient, who are, indeed, forced into another position. No man living can say what a day may bring forth; somebody must take care of emergencies, and keep the track clear for the noisy and conspicuous train, the massive machinery of the expert.

It is mostly the stay-at-home woman to whom this job falls. She must suffer no friction to exist *for the other person!* If she happens to occupy the usual position of women in households, she may, herself, have need for efficiency, but she must not carry it too far, or all is lost. By all, I mean the happiness of the home. At least, there must be no more than one efficiency expert in a family.

In a home where this quality centered conspicuously in the husband, the wife said to me — lamenting that she had no children: "But I suppose it is better so. My husband simply could not have tolerated interruption, and the home would have had to run like clock-work just the same." But I think she was wrong; for her husband, being sufficiently endowed with brains, would have become less a tyrant, would have learned that babies are not subject to military discipline — as his wife was, and that no commanding officer, however omniscient or stern, could bring them, instantly, to honor and obey.

I had noticed that in his home it was never the husband whose time was wasted. He might keep his wife waiting an hour for dinner, but the minute he was ready he was served. Her efficiency consisted in furthering his efficiency.

Every well-balanced housewife sees the necessity for solving economic problems, as means to an end. Every well-balanced woman must be capable of practical insight, and while she must see that the body is more than meat, she must not overlook the meat. She must be an expert, too — but a happiness expert. All this requires fine mentality and poise, and it is small wonder there are so few who succeed perfectly. What a

blessing to think of those whose daily prayer is not for efficiency, but for wisdom to see the hearts of those near by.

The difference between the efficiency expert and the happiness expert is well illustrated in this instance: A small boy was telling me of the fearful loneliness he suffered when he was ill. "Wasn't your Mother there?" I blunderingly inquired. "No," he answered stammering; "she was dead. We just had a housekeeper. She was a very fine one — and a nurse! They kept everything clean and treated me all right, but not at all like Mother. And they never had any time to tell me stories or play with me. And my father was gone every day 'til dark, and I cried so, but they did not know." There was one who could have been trusted to know, and to find time to help.

No less than a factory foreman do housewives call for "Production," "More Production"; but the output is cheer, comfort — nothing tangible. And so it may never be observed that the home is managed well at all. If all runs smoothly and everything is decent, it is just a fortuitous condition for which each member is inclined to thank himself, and it is the part of the Happiness Expert to agree in this verdict.

"But, it won't do," argues my snappy little friend, "saintliness is not desirable, since it is always the woman who has the rôle. Extreme altruism is as unethical as extreme egoism. This obliteration of self, this dancing attendance upon some inexorable creature, who considers himself the Great Mogul — it is not right and does not end well. Women have individuality, too."

Now I find I am getting into deep water. The right and wrong are not always plainly marked roads, which can be unmistakably chosen. James Whitcomb Riley wrote a poem: "To be good is enough," and we people who have traveled some time upon the King's Highway, are inclined to agree. But what is *good*? Being good depends upon one's power of discretion. Aye! There's

the rub; and with all this criss-crossing of paths, who knows when he is on the right one?

"A house must have unity," I answer the dark-eyed little woman, and then, just to see her eyes sparkle, I add: "The two have been made one — the *woman's identity being lost in the marriage vows.*" This line from Blackstone had the expected effect. She did not just relish the absorption which the law erstwhile indicated, the idea of oneness with the man always the *one*; yet she knew all the law in Christendom could not make it that way.

She had her theories of man and woman standing side by side, making life complete and livable to each other. She said:

"Some women, of course, choose to make their husband's business their own aim. To give all their thought and time to keeping him fit and well and successful, is no sacrifice, if it is one's highest desire; but even when a woman carries about an exalted image of her husband, even when she counts him an Apostle or Prophet she must wonder why he cannot stop a moment to manufacture a bit of simple cheerfulness for the family circle."

The only answer is, it is not compatible with efficiency. The rules of efficiency are the exact reverse of ethical rules. "A virtuous act is one where the rights of self and others are respected jointly." I have in mind the opening of a famous sermon, which gives a list of those who shall be called "Blessed." It mentions the pure in heart, the merciful, the meek, the peace maker — but not the efficient.

Human energy is a wonderful thing.

Let men continue to erect statues to it so long as it does not over-ride mankind; but let us not demand that every one shall fall down and worship such, as the only true God.

A woman who has set her heart on efficiency, with no fondness for the commonplace details of life, stands a poor chance for a happy marriage. However, it must be remembered that such fondness springs up suddenly, in women who did not know they had it, women who thought they were not "domestic animals" at all, and who were sure they should avoid "entangling alliances." Such women often become great homemakers, discovering new resources, developing themselves most when most absorbed in developing others.

To quote Felix Adler, so long a spokesman for Ethical Culture in New York: "Spirituality is the consciousness of interrelatedness," and this breaks down individualism, which is the malady afflicting the human family just now. This breaking down of individualism makes for a happy expansion in the home, and relieves it of two bugbears: husbands who esteem sacred their personal ambitions, and wives who make a fetish of order, half killing themselves and their families in their selfish struggle for house-keeping perfection.

Adler's recommendation for overcoming the alarming individualism, is, "reorganization on the basis of the spiritual equivalence of all functions." Efficiency will not bring happiness, unless it is spiritual efficiency — the talent of seeing the inviolable rights of others, and their spiritual light.

April, Shy Maiden!

April, shy maiden, returning each year,
Showers her blessings afar and anear,
Oh, sometimes she's gloomy,
And sometimes she's gay,
ALWAYS she's jolly in her April way.

April, shy maiden, whose smile and whose tear
Brightens a heartache and lessens a fear,
"Oh, where are you going —
When you're leaving here?"
"Off for a frolic, I'll see you next year."

April, shy maiden, so moodful, but sweet,
Gladly your presence among us we greet,
Although you're coquettish,
And fickle, 'tis true,
Still we all love you, so come again, do.
Caroline L. Sumner.

A Run on Pie

By Flora Swetnam

MISS MARY FRIDELL was a dear old maid, who lived all alone not far from the schoolhouse. She was quite widely known as the very best pie-maker anywhere. Many folks had wondered why a woman who could make such pies should have remained single. Perhaps Miss Mary knew, but if she did, she let no one into the secret.

On the particular morning in which this story opens she had just finished her morning work, and was preparing to sit down, when she heard a knock at the door. It was Tommy Bowen, holding in his arms a nice, creamy-looking pumpkin with a neck to it.

"Thank you, Tommy," beamed Miss Mary. "It certainly was good of you to think of me."

"I—I was thinkin' of pie," Tommy confessed, truthfully. "I want a piece when you bake 'em."

"You shall have it, of course." Then, as a sudden thought came, "You didn't bring this without your mother's consent, did you?"

"No'm," assured Tommy. "She told me to bring it, but I didn't want to, and she said maybe you'd give me a piece of pie."

"All right. You come around tomorrow and get your pie."

"I will," promised Tommy, as he ran down the steps.

The next day, when Tommy stopped, Miss Mary had ready on the lid of a shoe box, with a pretty paper napkin beneath it, a great big piece of pie. Tommy's eyes shone, as he thanked her, and started on toward the schoolhouse.

That piece of pie was so pretty Tommy just hated to bite into it. Its side presented a golden and a white stripe, which filled Tommy's idea of art. As he walked along, looking at it, a stranger accosted him.

"Say, son, where'd you get that pie?"

"Miss Mary gave it to me," said Tommy, proudly.

"Not Miss Mary Fridell!" exclaimed the stranger.

"Sure. She's the best pie-maker in this town."

"I'll give you a quarter for half of that," proposed the stranger.

"Fork it over," agreed Tommy.

The quarter changed hands, and the man took out his pocket knife and cut the pie. Tommy felt that it was high time to begin on his piece lest another stranger come along with a taste for pie and an extra quarter. He was about to finish it when he was overtaken by Johnny Jones, who gazed at the vanishing goody with longing eyes.

"Where'd you get it?" he asked.

"Miss Mary gave it to me."

"Sho! What made her?"

"I took her a pumpkin," bragged Tommy. "You take her one and she'll give you a piece."

"We haven't got any," mourned Johnny. "Our garden's not big enough."

"No," answered Tommy, "I guess not. Gee! but it was fine."

"What else could I take her?"

"Apples?" suggested Tommy.

"No," Johnny shook his head disconsolately.

"Plums," shouted Tommy, victoriously. "You have the very best late plums of anybody."

"Sure enough," said Johnny with a sigh of relief.

Johnny could hardly wait for his last lesson so he could run home. Once there, he hunted a basket and asked to be allowed to take Miss Mary some plums. His mother was surprised, but she was also much pleased at Johnny's thoughtfulness. She helped him fill the basket with the finest ones, and, a short time

later, Miss Mary was answering another knock at the door.

"Why, Johnny!" she exclaimed. "Now, this surely is good of you. What can I offer you to show you how thankful I am?"

"Is there any more pumpkin pie?" inquired Johnny, hopefully.

"I'm sorry, Johnny," said Miss Mary, "but I sent one to the minister's wife, and one to old Mrs. White, because she never gets out any, and I gave the schoolma'am a piece this afternoon, and there's no pumpkin pie left. I'll tell you what, I'll make a plum pie tomorrow — just the very best one — and as you go back to school tomorrow at noon, you may stop and get a piece."

"That'll do all right," declared Johnny, and went home with visions of that plum pie before him.

The next day at noon he was at Miss Mary's door, and when she appeared his eyes grew round with delight. His piece of pie, he thought, was ever so much prettier than Tommy's, for the stripes were a rich, dark red and white, and on the top just the faintest sprinkle of red sugar.

Johnny thanked Miss Mary properly, and went toward the schoolhouse with his pie. He was soon the center of a group of small boys, whose mouths were watering, but Johnny walked right on. His nose stuck into the meringue every time he took a bite, but that did not disturb him in the least. By and by the group went back to marbles and other games, all but Jimmy Spencer. Johnny gave him what was left.

"U-m-m!" said Jimmy. "Where'd you get it?"

"Miss Mary Fridell gave it to me."

"What for?"

"Well, I took her a basket of plums," answered Johnny, loftily.

"I've got some apples," ventured Jimmy. "Do you reckon she likes apples?"

"Of course," replied Johnny. "Everybody does if there's any marrow in his bones."

Jimmy wasn't certain what the marrow had to do with it, but he didn't intend to miss a good thing, so it was only a short time after school was over for the afternoon that he stood on Miss Mary's porch with a basket of fine apples in his hand. Miss Mary was just coming through the hall and she spied him at once.

"My, what nice apples, Jimmy," she said.

"Yes'm," answered Jimmy. "Will they make good pies?"

"They certainly will," assured Miss Mary with dancing eyes, "and you may stop on your way to school tomorrow at noon and get a piece."

"Thank you, ma'am," grinned Jimmy and went.

And it came to pass, on the next day, when he appeared at her door, Miss Mary met him with a whole little pie baked in a small pan. It was a sliced apple pie, and he could see some of the juicy filling between the bars of rich, brown crust, which were laced back and forth across the top. Here and there preserved cherries had been scattered about, and Jimmy thought it the most beautiful pie that ever was. He started toward the schoolhouse with it, and met the same stranger who had encountered Tommy.

"Say, sonny," coaxed the man, "what'll you take for that pie?"

"Nothing," answered Jimmy, quickening his pace. "You can't get this pie at any price."

"Now that's too bad," said the stranger in a mournful tone, though his eyes smiled.

"Maybe it is," agreed Jimmy, as he turned back and pointed toward the house. "There's where I got it. Go and get you one."

"Is there a pie counter there?"

"No," scoffed Jimmy, "but Miss Mary's there, and there's always pie where she is."

"How nice that sounds," laughed the man.

"It tastes better than it sounds," declared Jimmy.

The man walked up Miss Mary's steps and knocked, and when Miss Mary came to the door, he removed his hat and disclosed heavy, dark brown hair, which was streaked with gray. Miss Mary at once recognized Dick Farrell, an old friend of her girlhood. He had gone away several years before. He was smiling, though his voice sounded a little uncertain as he said,

"There seems to be a run on pie."

"Are you hungry?" she asked slyly.

"I've always been hungry for your pie," he answered, "but that wasn't what brought me back. It was you."

"Indeed!" said Miss Mary.

"Truly, Mary, I've been wandering around here for three days trying to get up the courage to come in and ask you to forgive me. Will you?"

Mary hesitated the fraction of a minute. Then she held out her hand. "Is lemon still your favorite kind of pie?" she asked, mischievously.

In Re Peter and Paul

By Mary B. Washburn

EVERY good housekeeper has a waiting list of things that she intends to do when she finds time. When we find time, we are going to read the book and write the letter, reverse the parlor window shades, put a new lining in Bobby's overcoat, clean out the laundry closet, begin the study of Spanish, and take the children to spend the day at the Museum.

To hear us talk one might suppose that we expect, some day, to find, in a bureau drawer or at the bottom of the cedar chest, a remnant of perfectly good time that we had forgotten about.

"Oh, yes, here is that two hours I had left the time Aunt Mary helped me iron!" Or that we hope some morning to open our front door upon a foundling, that shall on examination prove to be a bundle of time in half-day lengths.

But we shall never, never find any time. Lose time we may and do, but find time? No!

The only thing to do is to take time. The only way to get time for anything is to take it from something else. There is absolutely no way to pay Paul except by robbing Peter.

From what shall we take time? From our rest? Sit up later, get up earlier? In an emergency this may answer, but you cannot, in the long run, juggle with the laws of health. Too little sleep means lowered efficiency, frazzled nerves,

and irritability.

To take time from our recreation may, or may not, be best. It all depends. If it is going to spoil somebody else's pleasure, it is a questionable procedure. When Mother is too busy to go to the picnic or the concert, the others go with a furtive feeling of wrong-doing. And Mother needs her bit of play to keep her sweet and sane.

If not from our rest and not from our recreation, clearly we can take time only from our work. That is the Peter we must rob, if we would that Paul be paid.

And there are two doors by which we may go in to effect the robbery — simplification and systemization. Leave off some of the work or learn some quicker way to do it. Resolutely putting away, giving away, or burying in the back yard half of the bric-a-brac in the parlor may mean ten minutes taken from Peter each day. Assembling all the things needed for a piece of work before beginning it may add another ten. Other devices will suggest themselves, but even twenty minutes a day amounts to two hours a week, to a whole working day each month, and to nearly a hundred hours in a year.

And this kind of robbery need hurt no woman's conscience, for Peter will lose nothing that rightfully belongs to him, and Paul will, at last, get his dues.

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FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF
Culinary Science and Domestic Economics

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BEHIND THE DOOR

Hither, thither, little feet
Patter on the floor;
Still am I in my retreat,
Hid behind the door.

If my hiding-place is guessed,
Comes a gleeful cry;
But if vain should be the quest,
There are tears to dry.

In the House of Life, my dear,
All is not so fair;
Happiness is hiding here,
Sorrow hiding there.

May the gods your life endow
From their boundless store!
May you always find, as now,
Love behind the door.

Bert Leston Taylor.

"In the United States we are, in flat defiance of all our proclaimed principles and ideals, building a series of bureaucracies that will put to shame the best efforts of the government of the Czar of all Russia when in the heyday of its glory." — NICHOLAS MURRAY BUTLER.

A NEW EPOCH

A SPIRIT would seem to be abroad in the world to confuse ideas of right and wrong, good and evil, to overlook or condone the deeds of the wrongdoer. Can this be the result of the teaching of the modern pacifist? The fact is, evil is, or good cannot be thought of. Contrast in deed and word exists, or thought is annihilated. Right and wrong both are essentials to thought of either. One cannot be conceived without the other. What are we to do about it? How are we to proceed? The confusion has arisen on account of a so-called millennial or golden age, which has been the dream of dreamers of all ages. But, in truth, no such age has ever been on earth, in the past, or ever will be in the future, save as we make each passing age golden. We are simply to take the conditions of life as we find them and strive to make the most of the existing situation.

An editor and writer, who is attracting no little attention, today, is one George W. Russell. He is called poet, painter, mystic, and practical economist, also a spiritual leader of the New Ireland. This man would have us believe that the golden age is here and now, if only we open our eyes and see. Doubtless he is not far from right. Life is just what we make it. The age that chiefly concerns us is the present.

PROHIBITION

THE publicity involved in the present controversy, regarding prohibition, seems somewhat distasteful to Bishop T. F. Gailor, president of the National Council of the Protestant Episcopal Church of Memphis, Tenn. We do not wonder at this. In a recent interview he is reported thus:

"I have found," said Bishop Gailor, "that there is a great body of intelligent persons all over the country who are asking for some kind of modification of the Volstead Act. I am not advocating any change, but merely state my observations."

Later he repeated that there is a strong sentiment throughout the country for a modification of the prohibition law, and declared that he made the statement as a matter of fact, and it was not intended as an argument for change in the law.

He said that nobody wants a return of the saloon, but added that there is a feeling that a person should be allowed to have a little anti-Volstead fluid in his home when he wants it.

Perhaps the well-known attitude of the Church of England towards prohibition has something to do with the proclivities among the representatives of that denomination in this country. The Englishman, it seems, is utterly unable, or unwilling, to separate himself from his wine and beer drinking. It has become part and parcel of his nature and constitution. In his estimation no meal or social function seems complete without the service of beer; to him the situation that has come to pass in this country is quite incomprehensible.

However, this attitude of friends and neighbors on the other side of the water is of no immediate concern to us. Prohibition in the United States has come to stay. The statute in surety has been written into our Constitution. It is the law of the land. Likewise, the right of woman suffrage has prevailed and been enacted into law. Nullification never has been popular in the United States. It has been tried in the balance and found wanting. At present, people are in no mood to witness the evasion or nullification of laws.

And, besides, the good that has come already from the practice of prohibition cannot be overestimated. The saloon has gone; the common tippler is no longer in evidence; thrift, on every hand, is increasing by leaps and bounds. The position of the United States among solvent states is unquestioned. Everywhere the result eminently justifies the movement.

Wonder is now that a common nuisance, such as saloon and bar, was tolerated so long. Why is it that our best

banking houses refuse to employ the moderate drinker or the man who smokes cigarettes? Simply because the reputation of the house is at stake, as well as the security of the funds deposited therein. Right here is the gist of the whole matter. The question is one of efficiency and trustworthiness, of reputation and character. "Lead us not into temptation."

THE SEPARATORS

The devil is the father of all fences. The curse of the human race is its tendency to coagulate.

There is but one problem for the family, for the city, for the states, for nations, for the world: It is to get together.

The greatest word today that looms on the horizon of men's minds is Co-operation.

Unfortunately, owing to our immaturity, only those forces that appeal to some form of opposition are the forces that can induce us even to partial co-operation.

We form lodges and clubs, the cardinal principle of which is to keep other people out.

We build up nations, and the strongest patriotism seems to be developed by antagonism to some other nation.

Unity is the most advantageous in any direction of human effort, and yet every proposition for unity is bitterly opposed.

Particularly the cynics ridicule it.

We can carry on our industries only by organizing labor and capital into separate camps to fight each other; when the most primitive common sense can see that industry cannot prosper unless capital and labor work with each other.

The greatest evil of money is its segregative function. It tends to separate men one from another.

As soon as a man becomes rich he removes to the suburbs. The richer he is the thicker are his walls, the wider his park, and the higher his fence.

The main effort of the millionaire seems to be to keep himself away from other people.

He even takes his pleasures in exclusive forms — in clubs which other people cannot enter; in private yachts, which other people cannot afford.

And yet almost all the pleasure of a human being comes from contact with his fellows, and with the common lot of men.

Whatever draws one aside from humanity is vicious.

Caste, heredity, nobility and hierarchy have bred all manner of physical, social, and moral pests, because they have fenced off portions of the human race.

Democracy, the true spirit of democracy, means the comfortable sense of human kinship. There is an element of satisfaction in it that is unknown to all aristocracies.

The greatest Seer of the human race perceived this and based all His teachings upon love, which is the essence of brotherhood.

There was a deep significance in what He said, once, when word was brought to Him that His mother and His brother wished to speak to Him. A crowd of people were around the house. He went to the door and, stretching out His hand over the multitude, exclaimed: "Behold my mother and my brethren!"

FRANK CRANE,
in Current Opinion.

OUR POSITION

IT is easy to talk, to write, perhaps, if one has anything to say. We have never felt that we had a call to preach, or a message to carry to Garcia. Yet we are ready to stand up and be counted, and always want to be found on the side of conscious right. Today we are in favor of prohibition and temperance. We approve of disarmament and reduction of taxation. Hence, we disapprove of every proposed increase in governmental expenditure. As a people, we want an opportunity to take an account of stock and time to recuperate our normal strength. Let us co-operate for peace on earth and goodwill to men.

"There are plenty of people who, against all the evidence, still believe in communism, socialism, government ownership of railroads, Non-Partisan Leagues and the like, but then there are many people who still believe in fairies, ghosts, Russian rubles and German marks as an investment for trust funds. We shall continue to have countless books on socialism, just as we shall always have blue-sky stocks."

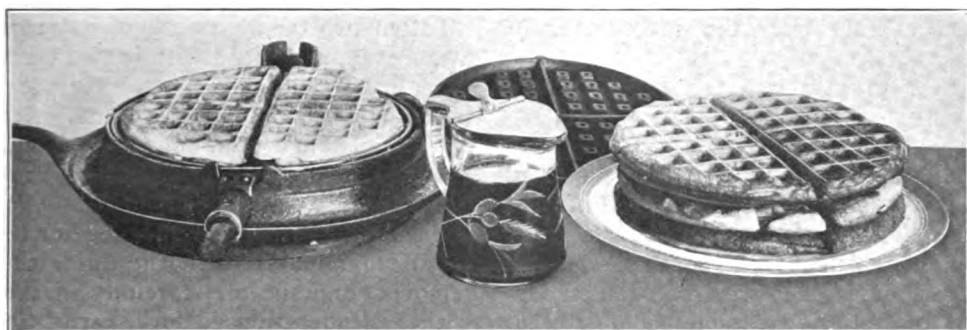
In appraising the gains from prohibition do not overlook the marginal cases in which just a little help from prohibition, even half enforced, is keeping thousands of men on good terms with their jobs and with their families.

"We have had enough propaganda. It is time for the world to face facts, and the first fact that it must face is bankruptcy or a drastic cut in standing armies. Billions in money can be saved and several million men returned to production by cutting these armies to a reasonable level. The United States, with its tremendous territory and a population of 110,000,000, has set 150,000 as the maximum strength of its army. In the present temper of the world we cannot safely go below that point. When Europe has made proportionate cuts it will be time to discuss other economic questions."

SEA ECHOES

Oh, golden winged days beside the sea
Where sounds the music of the rock-girt shore,
Where chants the tide with laughing minstrelsy,
These my heart's treasures are forever more.
They cannot fade — they cannot stolen be
From out the coffers where remembered things,
The jewels of a moment's ecstasy,
Glow in the dusk that pain about me flings —
Shine like the dewy blossoms when the dawn,
From out the mist comes dancing up the sky
To kiss, with rosy lips, the new-born day,
And tinge the hours with beauty as they fly —
And e'en though weary years may pass between,
Still in my heart's dim chamber dwells the dream.

R. R. Greenwood.



WAFFLES (See page 678)

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Prima Donna Soup

HEAT three pints of well-seasoned stock, and thicken by blending three tablespoonfuls of arrowroot in a little of the warm stock, and then adding it to the kettle, keeping the mixture stirred until the whole boils. Drain the contents of one quart can of apricots from their syrup, and press through a fine colander. Add these to the soup, with one-fourth a teaspoonful of white pepper. Sweeten to taste the syrup from the apricots, flavor with the juice of one-half a lemon; add beaten eggs in the proportion of two to each cup of the liquid, and bake in a shallow pan until firm. Cut into cubes, and use these as a garnish for the soup, which may or may not have a cup of cream added and allowed to get hot before serving.

Sweetbread Soup

Parboil a pair of sweetbreads, and press through a colander with two Spanish onions, previously peeled, quartered, and boiled until soft. Soften one-fourth

a cup of butter; blend with it six tablespoonfuls of flour, two teaspoonfuls of salt, one-half a teaspoonful of pepper, and one teaspoonful of poultry seasoning. Add, gradually, six cups of veal or chicken stock, and stir until thick. Add the sifted sweetbreads and onions, let boil up once, and serve with a garnish of slices of cucumber sautéed in butter on a hot pan. Calves' brains may be substituted for the sweetbreads, and a mixture of equal parts of thin cream or milk and stock may be used instead of all stock.

Sweetbreads Green Mountain Style

Parboil a pair of sweetbreads, split in halves, and lard with strips of bacon. Bake in a rich stock, seasoned with slices of carrot, onion, and strips of lemon rind. The sweetbreads should be frequently basted with the stock, and ought to have the appearance of being glazed when done. Serve in nests made of cooked peas, put through a colander, seasoned, and moulded into the shape of nests. Strain

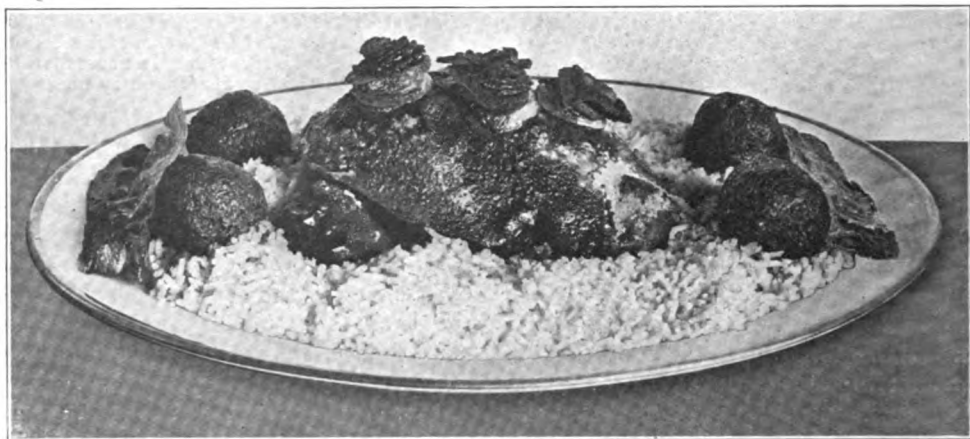
the stock, add an equal volume of cream, and heat in this a few sliced fresh mushrooms. Pour over the sweetbreads in their nests.

Baked Stuffed Bass with Raisin Sauce

Choose a four or five pound striped bass, prepare for cooking, and stuff with the following: Two cups of stale bread crumbs, moistened with hot water, pressed dry, and seasoned with two tablespoonfuls of butter, one tablespoonful, each, of scraped onion, chopped parsley, and capers, one teaspoonful of salt and one-half a teaspoonful of pepper. Bind with one beaten egg. Sew up fish after inserting the stuffing.

Casserole of Shad Roe

Soften two tablespoonfuls of butter in a saucepan, and blend with it two tablespoonfuls of flour, one-fourth a teaspoonful of salt, and a dash of cayenne. Add one cup of thin cream, and let cook with careful stirring until the mixture boils. Have ready the roes from two fish, which have, previously, been simmered for ten to fifteen minutes, then the outer skin removed, and the roes carefully mashed with a slender-pronged fork, care being taken not to break the eggs. Beat into the cooked sauce one well-beaten egg, and one tablespoonful of lemon juice, then stir over the fire until the egg is barely set, when the fish roes should be added,



CALF'S LIVER, BAKED

Raisin Sauce

Melt two tablespoonfuls of butter in a saucepan; stir in two tablespoonfuls of flour, one teaspoonful of salt, one-half a teaspoonful of pepper, and one tablespoonful of brown sugar. Add one cup and one-half of water, and stir until the whole boils. Add one-fourth a cup, each, of chopped raisins, and ground blanched almonds, and two tablespoonfuls of grated horseradish. Before removing from fire add one-fourth a cup of fine-sifted crumbs, and the juice of a lemon.

and the whole turned into a greased casserole, covered with buttered crumbs, and placed in a hot oven until the crumbs are delicately browned. Garnish with curled bacon before serving.

Calf's Liver, Baked

Away from fire cover a calf's liver with boiling water, and let stand five minutes; wipe carefully, place on rack in baking pan; over the top, held in place by small skewers, arrange slices of onion, each slice having a small strip of salt pork beneath and above it; sprinkle with flour

and salt, and bake one hour in a moderate oven. Serve on a bed of hot, riced potatoes, and garnish with strips of broiled bacon and balls of hot spinach.

Chicken Omelet

Beat the whites of four eggs until dry; beat the yolks until light colored; add to the beaten yolks four tablespoonfuls of boiling water, one-fourth a teaspoonful of salt, a dash of pepper, and beat again. Cut and fold the whites into the yolk-mixture until thoroughly blended. Have the omelet pan hot and buttered; turn in the mixture and spread evenly over the pan. Let stand to brown for about two minutes. Set in oven of moderate heat to cook the top slightly. As soon as a knife thrust into the center of the omelet comes out nearly clean, remove from the oven; spread a little of a pint of hot creamed chicken over the top; cut a gash across the center of the top at right angles to the handle, fold the top nearest the handle over the other part, and turn on a hot platter. Garnish with cubes of current jelly and with croûtons.

Asparagus, Orange Sauce

Over fresh, hot, boiled asparagus, arranged for the table, pour

Orange Sauce

In the spring blood oranges are in the market, and are usually selected. Put

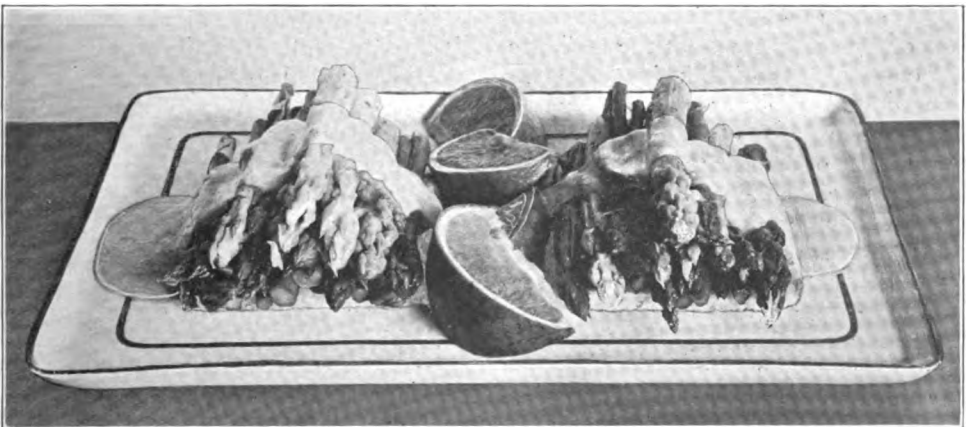


CHICKEN OMELET

one-fourth a teaspoonful, each, of salt and paprika, the grated rind of half an orange, a tablespoonful of water and two tablespoonfuls of lemon juice over the fire to reduce one-half; add half a cup of butter, beaten to a cream, and one after another, the yolks of three eggs; beat each yolk into the butter thoroughly before adding another. Set the dish over hot water, and stir constantly until the mixture thickens, then add the juice of half an orange and stir and cook a moment longer.

Mousseline of Asparagus

Select the slender green stalks of asparagus, let cook until tender in boiling, salted water; drain, cut into inch-lengths, and mix lightly into the following sauce. For every pound of asparagus, cream four tablespoonfuls of butter in a quart bowl; add two eggs, one tablespoonful of lemon juice, and one-fourth a cup of hot water, and setting the bowl into boiling water, beat the contents with a Dover beater until very thick and smooth. Remove



ASPARAGUS, ORANGE SAUCE

to a basin of cold water as soon as thick, and beat for a minute or so, then beat in three-fourths a cup of heavy whipped cream. Turn into a pretty serving-dish, after adding the asparagus, and bring to table at once.

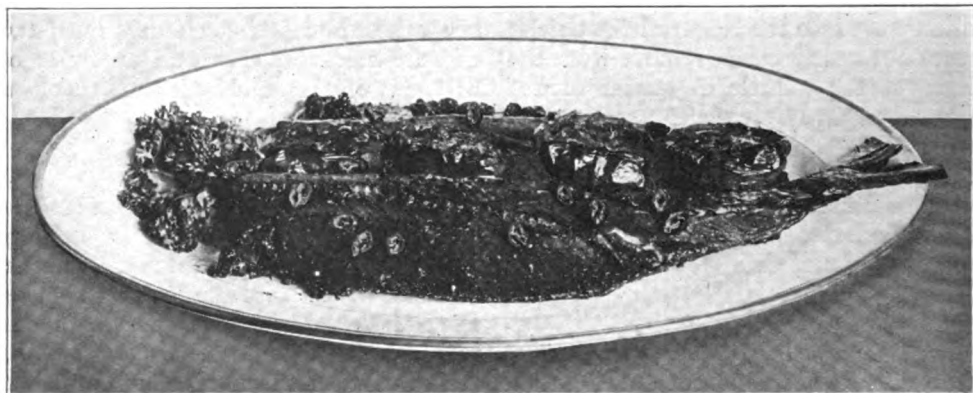
Shad Baked with Raisins

Split shad, clean, place on thin slices of salt pork in the baking-pan of a double-roaster. Up and down center of fish arrange slices of tomatoes, each slice buttered generously. Over all strew seedless raisins; sprinkle with salt and chopped parsley; pour a half cup of cold water around fish, cover and bake in moderate oven three-quarters of an hour.

a hot pan when desired for table use.

Easter Egg Salad

Peel six hard-cooked eggs, and cut each in two, crosswise. Remove and mash the yolks, moistening them with a little olive oil, and season with salt and a very little cayenne. Add two tablespoonfuls of each of the following: Fine-chopped celery, grated Spanish onions or eschalots, scraped horseradish, chopped pickles. Stuff with this mixture the whites of the eggs; press the halves together, and secure with small wooden toothpicks. Place each egg in the center of some white heart-leaves of lettuce, and garnish with mayonnaise, piped from a pastry tube.



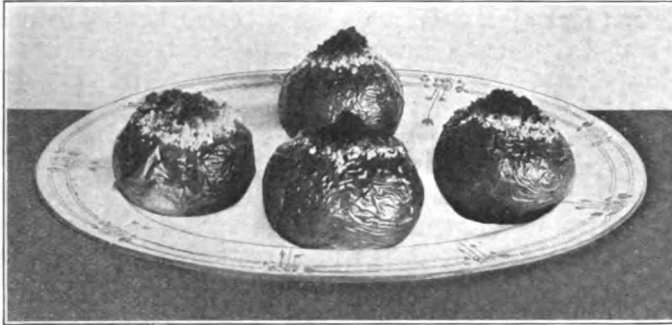
SHAD BAKED WITH RAISINS

Halibut Sausages

Moisten, with hot water, one stale loaf and one-half, weighing seven or eight ounces, and press out the moisture. Add one cup of hot milk, in which two tablespoonfuls of butter have been melted, one-half a cup of fine-scraped onion, one teaspoonful of poultry seasoning, and one pound of cooked halibut, chopped. Heat all together; add two beaten eggs, salt to taste, and stir until the eggs are just set. Let the mixture cool, and fill into the prepared sausage-casings, sold in city markets and other places. Tie in two or three-inch lengths, dip into boiling water for a minute after filling, and store in a cool place. Sauté until brown on

Ragout of Chicken Livers, Eggplant, and Macaroni

Cut up one-half a pound of chicken livers, and sauté until brown in a couple of tablespoonfuls of butter on a hot pan. When brown add one-half a can of tomato paste, or one cup of canned tomatoes sifted. Cut an eggplant into slices, and fry in deep fat in the usual manner. Measure three cups of cooked elbow macaroni, and mix with one-fourth a cup of grated parmesan cheese; add the slices of eggplant, cut in quarters, and the chicken livers and tomatoes; mix, season to taste with salt and pepper, turn into a greased casserole, cover, and let cook until hot through before serving.



BAKED TOMATOES STUFFED WITH CRAB MEAT

Paschal Fritters

Toast and roll into crumbs on a moulding-board, one-half a pound of thin pilot crackers; pour over them warm water to cover, and let stand overnight. In the morning beat to a pulp; add eight tablespoonfuls of flour, one-half a cup of sugar, two tablespoonfuls of softened butter, one teaspoonful of powdered cinnamon, one-fourth a cup of Sultana raisins, and three to four well-beaten eggs. Beat all well together; fry, by spoonfuls, on a greased griddle or in deep fat, and serve, sprinkled with powdered sugar, and with hard sauce, flavored with grated yellow rind of orange.

Baked Tomatoes Stuffed with Crab Meat

Cut fresh or canned crab meat in small cubes (one cup); heat thoroughly in one

cup of white sauce; fill fresh tomatoes, from which one-half the pulp has been removed; cover top of each tomato with buttered crumbs; bake in hot oven until crumbs are brown.

Afternoon Tea Bread

Soften a yeast cake in four tablespoonfuls of lukewarm milk. Sift and measure three cups of sifted bread flour and add to the softened yeast enough of this flour to make a soft dough. Knead the little ball of dough; with a knife slash it across in opposite directions and drop it into a small saucepan that contains lukewarm water to the depth of two inches; set in a moderate temperature for half an hour. The mixing of this bread should be done entirely by using the hand instead of spoon or knife. Cream half a cup of butter; beat in two tablespoonfuls of sugar, one-half a tea-



AFTERNOON TEA BREAD

spoonful of salt and four eggs, unbeaten, dropping in one at a time and blending thoroughly. Add one-half a cup of seedless raisins. Lift the ball of dough (now light and much increased in size), to the prepared mixture and beat (with the hand) until thoroughly blended. Pour into a well-buttered bread pan and set in a warm place. When the dough has risen almost to top of pan bake three-quarters of an hour in a moderate oven. When cold, slice, toast, spread very lightly with butter and sprinkle generously with sugar and cinnamon.

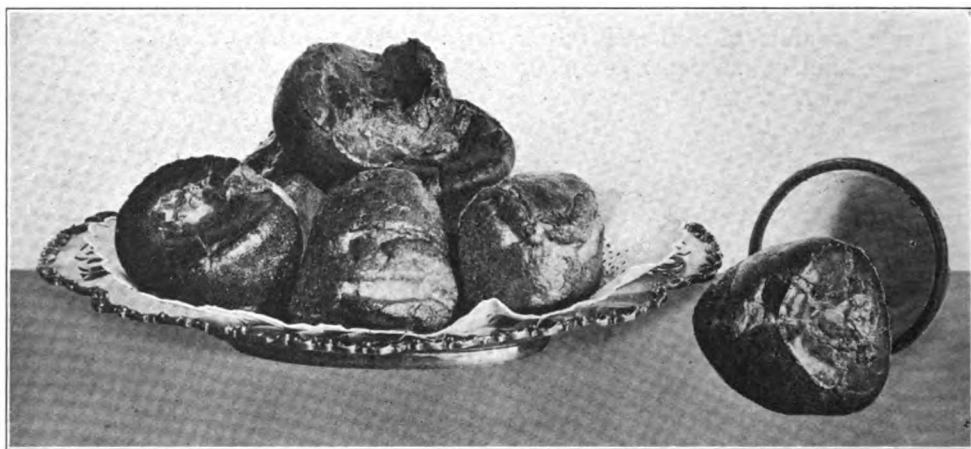
Popovers

Beat two eggs, light, without separating whites and yolks; add two cups of milk; beat in two cups of flour, and one-

eggs, beaten light, and one cup of sour cream. Beat the whites stiff and fold into the mixture. Fry on a very hot, well-buttered waffle-iron.

Salad of Lobster and Peppers

Place four large, green, sweet peppers in the oven until the skins blister, then peel carefully with a sharp knife, removing the outer cuticle only. Cut in two lengthwise, remove the core and seeds, and fill with lobster meat, mixed with shreds of sour apple. Garnish with red mayonnaise, made by using beet vinegar and a little fine pulp from pickled beets, instead of ordinary vinegar in following the usual recipe for mayonnaise, and serve on lettuce leaves, which have been spread with chestnut "snow," made by



POPOVERS

half a teaspoonful of salt, gradually, using an egg beater. Beat very thoroughly. Pour into hot, well-buttered custard cups and let bake forty-five minutes. This recipe will make one dozen popovers. The batter should fill but one-third of the cup when placed in the oven.

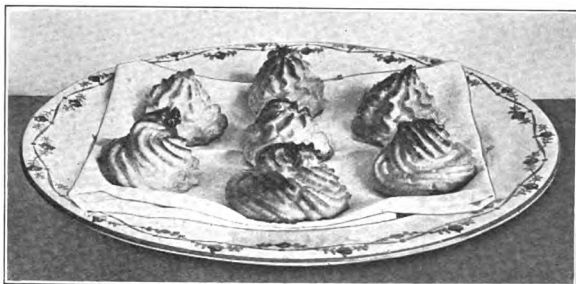
Waffles

Sift together one cup of flour, one-half a teaspoonful of soda, one-half a teaspoonful of salt and one level teaspoonful of baking powder; add the yolks of two

putting peeled, boiled chestnuts through the potato ricer and beating them into whipped cream, slightly flavored with lemon juice.

Riced Potato Sweet Soufflé

Beat the yolks of four eggs with one-half a cup of sugar; add the juice and grated yellow rind of one lemon, and one-half a cup of almonds, first blanched, browned in oven or on hot pan, and put through the nut-grinder. Add to this mixture two or three potatoes, boiled, peeled, and riced. Season with one-



POTATO ROSETTES

half a grated nutmeg, and, lastly, beat in the whites of the eggs, very stiff-beaten. Butter the inside of a pudding dish, and pour in the mixture, until the dish is half-filled. Set into a baking pan, and pour in boiling water to reach not higher than half-way to top of pudding dish. Bake in a hot oven for half an hour, or until done. Serve with either a lemon or a chocolate sauce.

Rhubarb-and-Strawberry Pie

Line a deep pie plate with a good, rich crust; mix well, two tablespoonfuls of sugar and one of flour, and spread this over the crust. Put over this a layer of red rhubarb, cut into one-inch pieces, and scatter over it one-half a cup of small strawberries. Mix three-fourths a cup of sugar with one-half a cup of very fine-sifted crumbs, and add one-half of this mixture to the fruit. Proceed, making

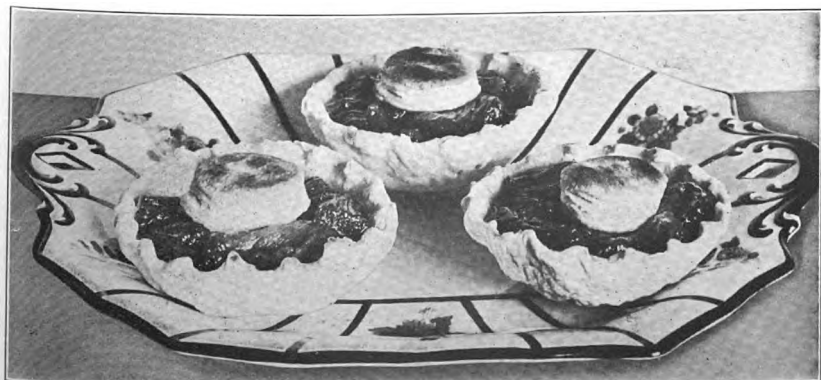
another layer of rhubarb and berries, and cover with the remainder of the sugar and crumbs. Put on the top crust, moistening the edges and pressing firm to the under crust. Cut a few holes in the top, and bake as usual.

Potato Rosettes

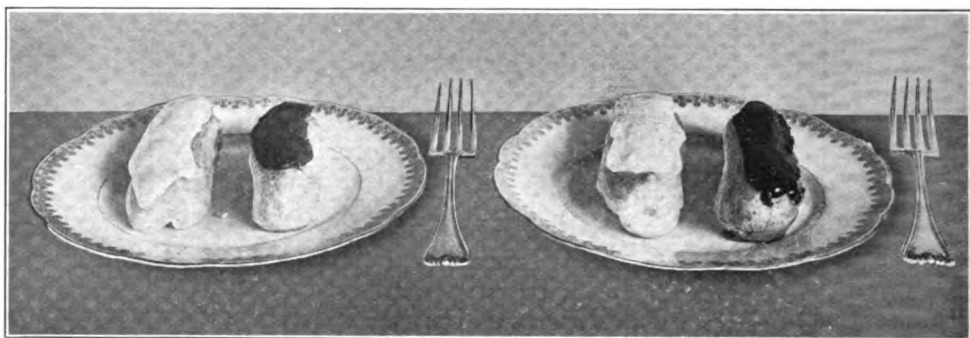
To a pint of hot riced potatoes, add two tablespoonfuls of butter, half a teaspoonful of salt, the beaten yolks of two eggs, and enough hot milk to let the mixture pass easily through a pastry bag and tube. Shape the rosettes on a buttered tin pan; bake in hot oven until delicately browned.

Rhubarb Fanchonettes

Cook one pound of fresh, tender rhubarb, cut in inch pieces, with one cup of sugar, in oven. Do not remove skin. No water is necessary. Use as a filling for fanchonettes, made by covering little



RHUBARB FANCHONETTES



ECLAIRS

tins with plain paste, and baking in hot oven. When cold fill with cooked rhubarb, and decorate with rounds of plain or puff-paste.

Eclairs

Set a saucepan, containing one-half a cup of butter and one cup of boiling water over the fire; when the mixture boils sift in one cup of flour and beat. When the mixture cleaves from the sides of the pan, turn into a bowl and beat in four eggs, one at a time. Press the paste from a pastry bag with plain tube, three-fourths an inch in diameter, on to a buttered baking pan, in strips four inches long. When baked and cold, fill with

Cream Filling

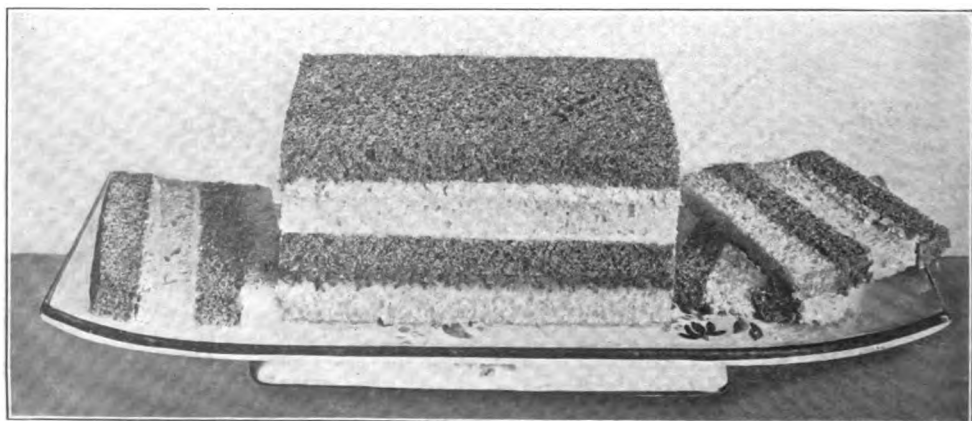
Mix together one-half a cup of flour, one-fourth a teaspoonful of salt, and one-

half a cup of sugar; dilute with one pint of hot milk, then cook and stir over hot water until mixture thickens; cook, stirring occasionally, for fifteen minutes; beat two eggs; add one-fourth a cup of sugar and stir into the hot mixture; stir until egg looks cooked, then let cool and flavor with one-half a teaspoonful of vanilla.

Spread the top of the eclairs with confectioner's frosting.

Sandwiches

Remove all crust from a loaf of white bread, and from a loaf of entire wheat bread. Cut loaves in slices, slicing lengthwise. Butter two slices of white bread and two slices of entire wheat bread. On one slice spread a paste made of sardines and lemon juice, on a second slice spread cream cheese, mixed with paprika, salt and a little softened butter;



SANDWICHES

on a third slice spread hard-cooked eggs, chopped very fine and mixed with salad dressing. Place one slice above the other, the fourth slice with the buttered side down. Press all together firm and make sandwiches by slicing, crosswise; the light and dark bread alternate.

Graham or Rye Muffins

1 level cup graham or rye flour	½ cup sugar
1 level cup white flour	½ level teaspoonful salt
4 level teaspoonfuls baking powder	1 egg
2 or 3 tablespoonfuls melted shortening	1 cup milk

Prepare as Corn Meal Muffins. By substituting one cup of rye meal for the graham flour, a most excellent muffin is made. Note that rye *meal* is used, not flour. In sifting both the graham flour and the rye meal, the bran may be retained, if desired. By substituting one cup of corn meal for the graham flour, quickly made corn meal muffins result. By using two cups of white flour, and a cup of blueberries, another variety of muffins may be had.

Soft-Shell Clam Pie with Potato Crust

Remove the sacs from a quart of soft-shell clams; wash in several waters to get rid of sand, and chop the clams rather fine. Put through the food chopper six slices of breakfast bacon, and let cook on a hot pan until the fat is melted. Add the clams, and let cook three or four minutes. Blend with cold water three tablespoonfuls of flour, one-half a teaspoonful of pepper, and two teaspoonfuls of onion juice. Add this to the pan, and stir until thick. Place on a bed of mashed potatoes in a greased baking-dish, and cover with one cup and one-half of highly seasoned mashed potatoes, mixed with one or two very stiff-beaten eggs. Bake until the top potato crust is brown, and serve hot.

Cardinal's Pudding

Line a deep, circular baking pan with a good puff-paste; prick sides and bottom with a fork, fill with beans, nuts, etc., to keep the paste in place, and bake in a hot oven until well browned. Allow to cool, and fill with a custard ice cream, or any rich frozen mixture. Invert, on a handsome circular dish, and pour over it a quart can of apricots, previously sifted, cooked down to the consistency of a thick jam, and with one-half a cup of sugar, and two tablespoonfuls of lemon juice added, and then cooled. Decorate with whipped cream, sprinkle with chopped maraschino cherries and angelica and serve at once.

Lemon Ginger Frozen Punch

Cut into strips, one-fourth a pound of ginger root; add to two quarts of boiling water, with two pounds of sugar and the thin, yellow rind only, shaved off with a sharp knife, of two large lemons. Let the whole boil until the ginger root is clear. Strain, let cool; then add the juice of three or four lemons, according to taste, and freeze as for any water ice.

"Marzipan" Cake

CREAM four tablespoonfuls of shortening; add one scant cup of powdered sugar, and the yolks of two eggs, well beaten, and, alternately, one-half a cup of milk and one cup and one-half of pastry flour, sifted, with two teaspoonfuls of baking powder. Add one teaspoonful of almond flavoring, and, lastly, fold in the whites of two eggs, beaten stiff. Bake in two layers about twelve minutes, in a hot oven.

Filling: Blanch about one-fourth a pound of almonds, run through a food chopper so they are of the consistency of peanut butter; add a little sugar and spread between the layers.

Icing: Use a confectioner's sugar icing flavored with almond extract. M. H. W.

Seasonable Menus for Week in April

SUNDAY

Breakfast

California Cherries
Shredded Wheat with Cream
Halibut Sausages Buttered Toast
Coffee

Dinner

Planked Lamb Steaks à la Jardinière
New Asparagus
Salad of Tomatoes, Endive, and Chives
Creamy Rice Pudding with Raisins
Black Coffee

Supper

Soft-Shell Clam Pie Potato Crust
Brown Bread-and-Cress Sandwiches
Lemonade

WEDNESDAY

Breakfast

Cream of Wheat with Raisins, Top Milk
Fish Hash, Browned in Pan
Whole Wheat Gems
Coffee

Luncheon

Ragout of Chicken Livers, Macaroni and Eggs
Hearts of Lettuce
Strawberry Shortcake
Tea or Milk

Dinner

Broiled Chicken Lobster with Oyster Sauce
Italian Spaghetti Bermuda Onions
Riced Potato Sweet Soufflé
Coffee

MONDAY

Breakfast

Sliced Oranges and Bananas
Malted Breakfast Food, Top Milk
Shirred Eggs
Johnny Cake Coffee

Luncheon

Savory Hashed Lamb
Rice Timbales Radishes
Sliced Fresh Pineapple
Fruit Drop Cakes
Tea or Milk

Dinner

Shad Roe with Bacon Curls
Mashed Potatoes Beet Greens
Fresh Cherry Pie with Whipped Cream
Coffee

THURSDAY

Breakfast

Blood Oranges
Oatmeal Porridge, Milk
Hashed Liver and Bacon
Raisin Bread Coffee

Luncheon

Cream-of-Asparagus Soup
Egg, Orange, and Nut Salad
Raisin Buns
Soft Custard with Canned Pears
Tea or Milk

Dinner

Boiled Smoked Ham
Bermuda Potatoes Dandelion Greens
Sliced Fresh Pineapple
Nut Cookies Coffee

TUESDAY

Breakfast

Grapefruit
Gluten Grits with Dates and Thin Cream
Broiled Brook Trout Cress
Popovers Coffee

Luncheon

Baked Eggs in Mashed Potatoes
Spring Cabbage Slaw
Steamed Stuffed Figs Whipped Cream
Tea or Milk

Dinner

Baked Stuffed Bass, Raisin Sauce
Small Bermuda Potatoes, Cooked in Milk
Lamb's Lettuce Russian Dressing
Rhubarb Pie
Coffee

FRIDAY

Breakfast

Grapenuts with Cream
Sliced Tomatoes
Sautéed Scrapple
Fruit Toast Coffee

Luncheon

Purée of Clams Bread Fingers
Vanderbilt Salad
French Pancakes Apricot Sauce
Tea or Milk

Dinner

Broiled Mackerel with Lettuce and Grapefruit
Baked Stuffed Potatoes
Beet Greens
Strawberry Maple Tartlets
Coffee

SATURDAY

Breakfast

Puffed Rice with
Steamed Dates and Cream
Creamed Dried Beef
Raised Waffles, Maple Syrup
Coffee

Luncheon

Sweetbreads,
Green Mountain Style
Browned Potatoes
Lettuce-and-Stuffed
Tomato Salad
Tea or Milk

Dinner

Club Steaks
Grilled Potatoes and Apples
Salad of Turnip Tops
Grapefruit Pie
Coffee

Menus for Special Occasions in April

WEEK-END MENUS FOR EASTER HOUSE-PARTIES

I

EASTER BREAKFAST

Grapefruit Sections

Moulded Farina Garnished with Whipped Cream and Jelly

Poached Eggs in Nests of Cress-and-Lettuce

Steamed Potatoes Crisp Rolls

Cream Waffles Maple Syrup

Coffee

II

EASTER LUNCHEON

Salpicon of Strawberries, Lemon, and Orange

Cream of Spinach Soup

Olives

Curled Celery

Brook Trout in Aspic

Sliced Lemon

Potato Soufflé

Creamed Asparagus

Flan aux Fraises

Canton Ginger

Small Cakes

Salted Nuts

Coffee

III

EASTER DINNER

Orange-and-Pineapple Cocktail

Lobster Bisque

Saltines

Radishes

Gherkins

Broiled Guinea Hen with Currant Jelly Sauce

New Potatoes

Sliced Fresh Tomatoes

Lemon Ginger Frozen Punch

Salad of Sweetbreads on Escarole

Toasted Wafers

Ravigote Butter

French Custard Ice Cream in Fancy Shapes

Macaroons

Black Coffee

Strawberry Bouchées

White and Green Mints

SUGGESTIONS FOR MOTOR PARTY BASKET LUNCHEONS

I

Cold Roast Duckling with Dressing

Spring Cabbage Slaw

Hollandaise Sauce

Plain Cookies

Ginger Ale

II

Chicken Loaf

Hearts of Lettuce

Tomato Dressing

Raisin Bread and Butter

Hot Tea in Thermos Bottles

III

Hard-Boiled Eggs Stuffed with Chopped Olives

Crusty Rolls, Butter, Marmalade

Strawberries Moulded in Chocolate Gelatine Jelly

Crackers

Club Soda Water

IV

Cubes of Cold Broiled Club Steak

Potato Chips

Sliced Tomatoes on Lettuce

Salad Rolls

Individual Rice Puddings with Raisins

Hot Coffee in Thermos Bottles



What Shall We Eat?

By May Ellis Nichols

TO the family purveyor the question, "What Shall We Eat?" is a very practical one, and filled with what the story-writers call "human interest." In selecting food the nutritive and digestive elements are by no means the only considerations. She has still to consider the difficulty of its preparation, a vital matter, if she must prepare it herself; its cost—not a matter to be ignored in these times of high prices; and, what is usually most important of all to her, the individual tastes of her family.

"But," some one objects at once, "are the tastes of the individual members of a family to decide what the family shall eat?"

It is sometimes supposed that when man was given reason he forfeited his right to decide anything by instinct, so that, though the cow can be trusted to eat grass, because she likes it, and the robin is quite safe to feast on worms, man cannot be sure he should satisfy his craving for corned beef and cabbage, till he has figured out the calories of fats and proteids they contain, and made sure that they are in the right proportion. But Mother Nature is a wonderful teacher, and even if man has been created a little lower than the animals in his ability to select his own diet, given a fair opportunity, he will not do so badly after all. Even the scientist admits that, by some curious coincidence, the dear, time-honored combinations—pork-and-beans, meat-and-potatoes, apple pie-and-cheese, mush-and-milk, bacon-and-eggs, and, best of all, bread-and-butter, are all almost perfectly balanced rations.

Let no one disparage, much less ridicule, the use of scientific food tables. The housewife, especially the mother, cannot be too intelligent about food. If possible, she should study dietetics, under a competent teacher. If not able to do this, she should procure some of the many good books on the subject and master the fundamentals, but it will still be a comfort to her to know that long before food tables were invented, the normal appetite had selected its nourishment almost exactly in accordance with them. She can feel, therefore, that the tabulations are not a mysterious riddle, that she can never guess, but a simple reference table, made to assist her when her memory is fagged, and her imagination and ingenuity fail.

But, admitting that the natural appetite for food is not inherently evil, and that much assistance can be had from books, the problem, "What shall we have to eat?" still has three unknown quantities: The food element, the human element, and the financial element. The housewife must find all three to get the correct solution.

Some one may object to the including of the financial element in the problem of selecting food for the family, but, in most families, it must be given considerable consideration. Take, for example, the matter of butter and milk. All persons, but, especially, growing children, need fats, and unquestionably the best forms of fats are cream and butter. Shall the housewife, then, provide all the milk and butter that her family craves? Suppose milk is sixteen cents a quart—it was

much higher than that in most cities during the winter of 1920 — and butter seventy cents a pound, in a family of five, butter and milk, alone, would cost from ten to fifteen dollars a week. Of what value would be the knowledge of the great amount of nutriment in these foods, if twenty-five dollars, or less, is the limit that the family can spend, per week, for food of all kinds?

In the days before the war, when a prosperous day-laborer was paid only twenty dollars a week, the wife of one of them was asked how she managed to live and feed her family on his wages. There were three little children beside her husband and herself.

"Well," she said, "I know just how much I can spend for food, and I say to myself, 'The children must have milk, and the man must have meat.' The milk must be first class, but the meat can just as well be a cheap cut, for I know how to cook it so it will be tender, and keep all the good in. Then I get bread and vegetables with what is left and try to have a little fruit, but I get the 'must-haves' first. They look well, don't they?" and she pointed with pride to her three chubby offspring. She had solved her individual problem.

Consider, for a moment, what the normal appetite craves. First, bulk to satisfy the feeling of hunger. This bulk is usually supplied by the starchy foods: Bread is the great standby, but potatoes, rice, other cereals and vegetables serve.

Second, fats. Some persons like fat so much that they will eat fat pork and drink olive oil; others seem to have an aversion to fat in those forms, but they make up with milk and butter. Fat, in some form, every one must have. It is an absolute essential. The need of fat was brought home to us during the war by the sufferings of the nations that were deprived of it.

Third, the appetite craves what have usually been considered muscle builders — meat, fish, eggs, and cheese. These have more flavor than the starchy foods,

and most persons like them better. Children, especially, need to be restrained, or they will select them to the exclusion of everything else.

Fourth, there is a natural desire for something fresh, a craving for salts and acids. This desire, too, is founded on a real need, and is satisfied by fresh vegetables and fruits.

The fifth desire is for sweets. In childhood this craving is very strong, and in some persons is almost an urgent need. Usually women have been considered greater candy lovers than men, but it is said that the few men who do not use tobacco, in any form, rival them in their love of sweets, and it is also well known that prohibition has boomed the candy shops. It is a mistake to suppose that children should not have sweets. They need them, but their value depends on their form, quantity, and time of consumption. The best sweets, eaten in excess, or just before a meal, may take away the appetite for other food, and prove injurious. But, in their right place, sweets add to the physical perfection of the body, as well as to the joy of living.

The housewife should always bear in mind the list of really wholesome foods. This list is as follows: Beef in all forms, lamb in all forms, bacon, poultry, fresh and salted fish; bread, butter, milk, eggs, cheese, cereals, and nuts; all common vegetables, but preferably fresh, rather than canned; all fresh fruit; simple puddings, cooked fruit, ice cream, fruit ices, sugar, honey, and pure candy.

This is so generous a list that it would seem to be adequate for any reasonable taste. Indeed, at first glance, there seems to be nothing missing, but it does omit quite a few articles of diet, that are much liked by many persons. These omitted articles may be called, "The doubtful list," and they will be considered later.

With the table of ideal foods before her, the housewife is ready to make out her menus for the week. For this work she needs all her intelligence, but she

needs more: She needs patience, energy, enthusiasm, imagination. The game of meal-planning has more combinations than whist, and on it depend, largely, the comfort and well-being of her family.

If she belongs to the great 90 per cent of the women who do all their own work, she knows, without investigation, what supplies she has already on hand. There are the chicken bones, that will make a delicious soup, the cup of string beans, that, with a tomato or two, will make a really "dressy" salad for tomorrow's luncheon, the roast beef, quite sufficient for another dinner. She knows, too, whether this is the week to buy flour, tea, coffee, salad oil, or any of the other items that swell the week's account. Thus, taking out the large items that must be allowed for, she can estimate fairly well what she has left to juggle with.

Besides the necessary things, she intends every week to give her family some little treats. Whether these treats consist of mushrooms, sweetbreads, hot-house fruits and vegetables, or only a dish of preserves, cream for cereal, or more meat in the stew, depends on her financial status.

Some women select their meats first of all. Unless the family is large, Sunday's roast will, usually, make at least one more dinner. Never let it be used for Sunday night supper. The meals come only about four hours apart, so that the meat is not relished, while, if the housewife needs to economize, it is the greatest extravagance.

The meats selected usually suggest the vegetables. "We're going to have macaroni for dinner," announced the small girl, "I know because I saw the roast beef go into the oven." It was an interesting commentary on the inflexibility of the family routine. But, the vegetables with certain meats are not inevitable, and an occasional change is the housewife's best chance to save money for her treat. Instead of the delicate string beans, peas, and asparagus, she may have dried lima beans, carrots, or cabbage. These are just as nutritious, and much less expen-

sive. Neither let the family come to expect certain things on certain days. Let there be an element of surprise in all the meals.

Meats and vegetables selected, the question of desserts may be considered. If the dinner is to have a salad, or a vegetable, like spinach or beets, to which most persons add vinegar, the dessert may be a custard or some sweet pudding. But, if the vegetables are all of the "meaty" order, a tart dessert — fruit punch, lemon jelly, or even a fruit salad — will be more appetizing. Fresh fruit should be served at least once a day and oftener, if possible. If fresh fruit cannot be afforded or secured, stewed fruits, rhubarb, cranberries, apples, and the evaporated prunes, apricots, and peaches are good substitutes. The family is, indeed, fortunate that has a stock of home-made jellies, preserves, and canned fruit. Simple custards and milk puddings are very nutritious, as well as palatable, but best of all is the ice cream, so dear to the American heart.

Every one likes ice cream, from the baby to Grandpa, and there is no reason why it should not be served frequently on the home table, but it should be home-made. A thin boiled custard, sweetened and flavored, to which a small quantity of whipped cream is added just before freezing, is a standard recipe. It is not expensive, and with an up-to-date freezer its preparation is no more trouble than making a pie or a pudding. The varieties made by changing flavorings and sauces are almost without number. Fruit ices and cocoa and coffee frappés are variations on the ice cream theme.

Breakfast is more or less uniform in most families. In truth, it is too uniform. Cereals, fruit, toast, and coffee, with the occasional addition of bacon and eggs, have become stereotyped. In the revolt against the griddlecake-sausage-potato breakfast of twenty years ago there is great danger of going to the other extreme. The conventional breakfast is sufficient for persons of sedentary habits, but any

person, who is to do several hours of hard physical work before lunch, should have, at least, one substantial dish for breakfast besides cereal. If eggs are liked, they answer the purpose admirably. Hash, creamed fish, meat, or chicken, minced and served on toast, are all good. Care should be taken that children are not sent to school without good and sufficient breakfasts. In general, the wife of the laborer was right when she said, "The children must have milk." Any child under ten should have a full quart of milk a day.

Lunch is still to be provided. The war taught us much about dishes suitable for luncheons. Meatless days broke the habit of serving last night's roast with stewed potatoes for lunch, and sugar rationing ended the tradition of the invariable second course of canned fruit and cake. We learned to make many delicious soufflés of cereals, to cream and scallop fish, to prepare eggs in many ways, and to make more use of thick soups and of salads.

Now just a word concerning the "doubtful list." There are certain foods that some persons like very much, which are

generally admitted to be unwholesome. Fried foods, certain shellfish, hot breads, rich pastries, pork (except bacon), and veal, form this list. Shall these foods be excluded entirely from our diet? The answer is not easy, and in the end every housewife must answer for herself. Surely, the articles on this list are not for children, but experts seem to feel that, used in moderation, they may be allowed to a healthy adult, to some degree, at least.

But every intelligent person knows that he never thinks of food simply as necessary sustenance. Eating is not simply stoking the body's furnace, it is a pleasure, a social event, and it is about the only social event that the whole family share together. So to the housewife and mother is entrusted the responsibility, not simply of deciding what food will best fit her family for the strenuous work that will devolve upon them, but of providing for them the enjoyment of the home table, to which they are to look back, in future years, as the center of the home-life. No wonder the world-weary man often thinks fondly, and speaks frequently, of Mother's cooking.

Fireless Heat

SUGGESTIONS THAT WILL HELP THE HOUSEWIFE CARE FOR ELECTRIC DEVICES

By Charles Magee Adams

THERE is nothing novel or extraordinary about the fact of electric household heating devices. During recent years they have become so nearly universal, and demonstrated such a thorough practical worth, that all modern housewives are familiar with them, at least in a general way. But, though these may not be extraordinary or even novel, there are some several points, in connection with the care and operation of these devices not so familiar, which may prove helpful and saving of time and money, and the first of these is absolute cleanliness.

Keeping the top of a range, or the bowl of a percolator, or the frame of a grill shining and spotless is altogether praiseworthy. Every good housewife does that. But the best of housewives often fail to keep vital parts of electric heating devices clean, because they do not realize which are vital parts.

On smaller devices, such as percolators, toasters, and grills, attention should be given, first, to the contact points, the short, projecting studs, over which the plug at the lower end of the flexible cord fits. If not cared for they are likely to

become rusty or foul, fail to make proper contact with the plug, and cause trouble. They should, therefore, be cleaned occasionally, once or twice a month, by rubbing with a dry cloth, until they are bright.

Toasters, radiators, and grills, too, are usually constructed with elements (the parts which become hot) exposed. Dust or particles of any foreign material should not be permitted to accumulate on these elements or between them and the frames, because this will interfere with radiation, or cause a leakage of current, or a possible short circuit. Such matter should, therefore, be removed with a dry brush or cloth, and only after the device has been disconnected, and the elements are cold.

Such devices, also, are generally equipped with a reflector behind or below the elements, to direct and focus the heat rays, and particular care should be given these. Even a slight dulling of their surfaces will decrease the effectiveness of devices to an astonishing degree, and for this reason they should be kept polished as brilliantly as is at all practicable.

Promiscuous wetting of any device should never be tolerated, even in the name of cleaning. Of course, in cleaning it is sometimes necessary to use a damp cloth, and some makes of device are constructed in a waterproof manner. But, anything like the liberal wetting permissible with other household heating equipment cannot be thought of with electric devices, and, should such a wetting occur, the device should always be permitted to dry thoroughly before current is turned into it again.

Next to cleanliness, care in turning current on and off deserves attention. Apparently, any one should know when and how to turn a switch, yet more power is wasted, and more damage done electric heating devices by turning current on too soon, and leaving it on too long, than by perhaps any other cause.

Electric devices are not like those heated by gas or kerosene. They come

to working temperature far more rapidly, and that is why the housewife, accustomed to gas or kerosene, should not turn on the current as she would light the fire, but only in time for the electric to come to temperature.

Further, an electric should be turned off as soon as its work has been finished. Leaving a gas or kerosene stove burning after pots and pans have been taken off will not result in damage, because the gas or kerosene stove cannot damage itself by overheating. But leaving the current turned into a percolator after the coffee has been drawn out, or into a grill, after its kettle has been removed, invites a speedy burnout. Both go on developing their full heat regardless of whether there is anything to be heated or not. So never let a device operate when idle.

Also, when turning on or off the smaller devices, such as toasters or percolators, never use the plug at the device end of the flexible cord. Use the switch, if one is provided, or the plug at the outlet end of the cord. Using the plug at the device end will often loosen the contacts, and cause other serious trouble, because it is not designed for this service.

This flexible cord should receive some attention. Good cord will last for from 500,000 to 700,000 bends, according to tests made by a large central station company in the middle West, which means a long life in normal use. But, as soon as bare spots develop, where insulation is worn off, these should be taped, and when they become too numerous, a new cord should be put in to avoid any risk from shock or fire.

The electric range requires surprisingly little special attention, in spite of the fact that it is the largest electric heating device in domestic use. But one thing any housewife can learn to do, which will greatly simplify its maintenance, is to change fuses and elements.

In most cases of interruption to service, a new fuse, or a new element, or both, is all that is required to put the range in operation once more. These replacements

are not difficult, and do not require any elaborate technical skill. The instruction booklet, accompanying the range, if comprehensive, should explain how they are to be done, or the installing electrician can do so, and if the housewife learns to make these changes for herself her repair bill will be greatly reduced. However, before attempting any such repairs, always remember to shut off the current, and in addition, that a metal object should never be used to touch a part of the range that is live, particularly, wires or connections.

Sometimes the various plates and oven burners of a range will heat singly, but will not come to temperature when turned on together. This should be reported to the power company.

When possible, a pilot light should be installed with a range. This is a small lamp, located conveniently, and so connected that it lights whenever the range is turned on, and goes out when the range is turned off. In this way there is no excuse for leaving the range turned on when not in use. Such a pilot light will also be found of value in connection with an electric water heater.

General heating of houses by electricity is not to be seriously considered at this time. The small luminous radiators are, of course, convenient for bathroom and bedroom, and in certain sections of the country, where unusually low rates for current can be obtained, general heating of houses can be done at a price, which compares favorably with that charged for other fuels. But despite the performance of the electric range and other such household appliances, general heating of rooms by electricity is not now

practicable, from either an engineering or an economical viewpoint.

Only one other point in connection with electric heating devices need be brought to the attention of the housewife here, and that is the desirability of being able to read her own meter. An electric meter is not a thing of mystery, and inscrutable complexities. Any woman who can tell the time of day by a clock dial can read one accurately, and reading one will go far toward averting the wranglings and bickerings, which so often mar the relations between power company and customer, because meters seldom lie.

In spite of a popular notion to the contrary, tests show that the accuracy of the household meter runs above 98 per cent, a figure which can scarcely be equalled by any other instrument of such sensitiveness, and in such general use, and reading one will not only show the housewife why her power bills are as they are, but give her a working notion of how much current her various devices are consuming.

It is needless to state that the risk of fire or shock, traceable to the household heating device is practically non-existent. Housewives have learned this. But in conclusion it seems worth while to mention, once more, the point that electric heating devices, because electric heat is a fireless heat, require different care and different operating conditions from heating equipment burning coal, kerosene, or gas. Many housewives have, as yet, not understood this clearly, but understanding it will go far toward greater economy and reliability of service, things always desired by a careful housewife.





Home Ideas and Economies



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates

Thrift Forty Years Ago

NOT long ago I sat talking with two fine-looking, middle-aged women, who had brought up their families, and were now enjoying the more restful later years. The conversation turned to the practice of economy in the "old days," and the women were soon laughing and comparing notes. In those times the wages were small, but the fathers expected to get along with mother's help, and keep a small sum in the bank, even, against hard times. There were no stores anywhere near the two friends, so if an emergency happened, say an unexpected party, or a sudden giving way of a child's clothes, the mothers had to depend on their own resourcefulness and hard work.

"Do you remember," said Aunt Abby, "the dress you wore to Cousin Jane's wedding?"

"I guess I do," laughed Aunt Martha, and explained to me. "The four children were small and I hadn't been attending any social functions for a long time, and I didn't have a thing to wear. Abby and I went up attic to look around and finally found an extra pair of good, white, muslin curtains. By careful planning we made a nice white dress, and I had a blue ribbon for a sash, and went to the wedding quite suitably attired. I am sure no one knew I was wearing a pair of curtains."

"Another time," continued Aunt Martha, "my five-year-old boy needed a best suit badly, and again I went to the attic. I found some green velvet sofa cushions and made the child a very becoming suit of cute velvet trousers

and coat, such as used to be worn."

"Oh, yes," said Aunt Abby, while I listened in admiration at their make-over efficiency, "we always made the children's mittens out of old woolen underwear, dyed a cheerful color, and baby's skirts out of dark flannel petticoats."

"I remember you made a lovely bonnet for your little girl out of your old beaver hat," smiled Aunt Martha, "you cut it smaller and lined it with pink, and put a tiny bunch of flowers at the top."

"The toys were mostly home-made," meditated Aunt Abby, "the dolls were black stockings with outlined faces, or clothespins with pen and ink faces and fancy paper dresses. The father usually made some things from wood, and the biggest and best Christmas present of all was a pair of shiny rubber boots. The stockings were filled with a bean bag, some candy, an apple and an orange, and such little gifts."

"Times are different, now," smiled the old friends, as Aunt Abby mused. "Now the children get elaborate toys and silk dresses, while rubber boots have ceased to be an awe-inspiring sight. Even old ladies, like me, are given silk stockings and silk bags and nice perfumes. Of course, I enjoy it, but I don't believe I should if I hadn't been thrifty in the strong, young part of my life."

As I said goodbye to my old friends I thought over the last words and wondered if that was the reason the young folks of the "old days" could rear their families of five to seven children and educate them, start them as honorable men and women and enjoy the years they spent in doing it. The young folks married, expecting to be

thrifty, to work and play hard together, to depend on their own brains and fingers to carry them through the hard places, and as a matter of course to keep a bit in the bank for the future. Many of the modern ways are far better than the olden ways, but in thrift I doubt if we now can show much better spirit than the "aunts" and friends of forty years ago.

L. L. R.

* * *

Tried and Proven

THERE are some things we are so used to doing that it seems as if every one in the world must know about them. Yet, each was once a bright idea, thought of for the first time. Perhaps, my bright ideas aren't just the same as other women's. Anyway, I know that they think of ever so many things that never entered my mind, for I am constantly reading about them in *AMERICAN COOKERY* and other household magazines. Now, I'm passing on a few of my own particular ways — things that experience has taught me right here among my own pots and pans. They have all been tried and proven.

The canned fruit, which we buy in tins, is greatly improved by being boiled for a few minutes, with the addition of a little sugar. It always takes a certain amount of sweetening to "bring out" and give zest to the acid of any fruit, and the factory-canned goods are rarely sweet enough, no matter how heavy the so-called syrup has been made with arrow-root or other thickening. They are seldom cooked enough, either, to be real tender and palatable, and the extra boiling with the sugar removes that unpleasant, leathery quality and makes the fruit exactly as if freshly stewed.

A convenient, safe place for knives is thrust down into a strap of leather fastened on the wall over the place where they are most often used. Divide the length off into spaces to fit the knives by tacks driven in at intervals.

After emptying a tin can, immediately

turn the cover down and in, so it will not be the cause of any ugly cuts before it is finally disposed of.

A roll of toilet-paper, kept in the kitchen, is useful in many ways — for cleaning up "messes," wiping out greasy fry-pans and for greasing cake tins.

An egg that is cracked may still be boiled without danger of its running out of the shell. Turn the egg over and lightly tap it on the other side, so as to make another crack opposite the original one. It can then be put safely into boiling water, for forces are equalized. Don't be afraid to try this, for, though simple, it is really a good idea — especially when eggs are at top prices.

Potatoes can be roasted satisfactorily in the top of the range when the fire is too low to make a hot oven. Place the potatoes under one of the front covers at the side of the fire-box, and turn them several times during the baking.

A good substitute for dumplings, and a good way to use up stale bread, is to place thick half, or quarter slices over the top of the stew and let them steam, with tightly closed cover, for a few minutes before serving.

After the lettuce has been washed, and is ready to place on ice, it is much more convenient to tie it up loosely in a square of cheesecloth than to crowd it into the regulation bag; also, this way does not bruise the lettuce.

Hamburg steak is more appetizing when formed into one, large, compact, flattened cake, and broiled, than when fried in small cakes.

A little finely cut parsley and onion, added to mashed potato, give to that commonplace dish a new zest and interest.

A. A. K.

* * *

The Candy Habit

EVERY normal child has a natural craving for sweets.

Nowadays, there are enticing candy shops on every hand, candy counters in every department store, and school chil-

dren are exposed to constant temptation to spend pennies for candy.

At an up-to-date school, where a wholesome lunch is served to children at cost price, I was shocked to see candy on sale. The domestic science principal, however, explained that the pupils are so habituated to buying candy, that they would run down the street to the nearest candy store at noontime, recess, and between classes, so the teachers decided it was better for them to have the opportunity to buy and eat pure chocolate and clear fruit sugar candies with their luncheon at noon time. The experiences of these teachers show how prevalent, and firmly established, is the habit of eating candy.

Dentists tell us that candy may cause and aggravate decay of the teeth. Doctors declare that candy causes digestive troubles and other ills. These warnings should influence sensible folk to indulge in sweetmeats to a moderate degree, when in good health, and to abstain, absolutely, when in ill health.

Delicate children should be nourished by carefully selected food, and the diet should be prescribed, by physicians.

The proper time to eat candy is at the end of a meal, when hunger is already satisfied. It is now good form to serve peppermints or wintergreen mints with the dessert.

This is a sensible and healthful custom, and might well be followed in ordinary family meals, as a means of gratifying, and yet regulating, children's craving for sweetmeats.

Elizabeth C., carefully guarded and trained, knows nothing about spending money for sweets. Every day, at her luncheon, she is given two or three bits of pure candy. This may be a chocolate square, or a peppermint stick, or hard fruit drops. The little girl would not think of entering a candy shop to buy candy, any more than she would go to a grocery store to purchase food for herself. She is accustomed to having her needs supplied in a moderate, satisfying way.

Mabel D. used to beg dimes and nickels

from, first one and then another, of her devoted relatives.

When a physician was called in on account of digestive trouble, he laid out a plain, sensible diet, and it was then discovered that Mabel had been buying candy, ice cream cones, or soda water almost every day.

The father took the matter in hand. When he explained carefully to the child that liver trouble, toothache, stomach pains, headache, neuralgia, etc., might be brought on by indulgence in sweets between meals, she readily promised to abstain from buying them. She was encouraged to put all cash given her in a pretty little bank.

As a reward for her self-denial, when she was in good health, her father brought home, every Saturday night, a pound box of good candy, to be served at the family dinner on Sunday. Mabel always passed this around as her contribution to the dessert, and all had a treat once a week.

It may be noted in buying candy to give to children, that a box or a dish of mixed candies of different kinds and flavors will tempt one to try first one sort and then another, and, thereby, more pieces will be eaten than when simply one variety, as peppermint sticks or gum drops, is passed around.

Also, it is worth remembering when one is obliged to tell a child, "you have had enough," that a good drink of water will relieve the craving for "more," which leads one to eat and eat, as long as there is a bit in sight.

A young girl, who had come to realize that she was indulging herself too much in candy, tried the plan of eating only a few pieces at the close of a meal, and immediately going to her room to brush her teeth and rinse her mouth with water.

This is very efficacious in taking away an abnormal desire for sweets.

In a well-regulated family of neighbors, the children are given a certain sum for spending money each week. They habitually put half of it in their tin banks, and the remainder may be spent for treats or

saved for some special purpose. When the allotment for the week is gone, it is useless to coax for pennies or nickels for candy or ice cream cones. "You must wait until Saturday," is the reply.

In a home of moderate means, where there are three children, John, the eldest, was taught to make home-made candy at an early age. Every Saturday during the winter, the children make pulled molasses candy, or fudge, or pop corn balls, etc. They have been trained to clean up the kitchen, afterwards, and leave everything neat and orderly. Usually, they eat only a few samples of the fresh candy, and reserve a portion for evening dinner, to be shared with "Daddy and Mother." Sometimes they ask a few of their schoolmates to spend the afternoon and help make the candy and have a jolly time.

What delightful memories they are storing up of good times together in the little home! Also, they are learning practical cooking, cleaning and management, and having valuable lessons in courtesy, generosity, hospitality and kindness.

N. F. M.

* * *

"Arranging the Easter Flowers"

GREEN is spring's own color and white and yellow are those of Easter, but who would stick to one when there is a riot of beautiful colors to choose from in the flowers that should gladden our tables on the day of the great festival? The luncheon and dinner table may fitly be decorated in this way:

In the middle of the table may be laid a square of lace, and on the lace a bowl of Venetian glass, or one that has the effect of white, dusted with gold. In this should be arranged, sparingly, to show off their loveliness, some slender white hyacinths.

Arranged round the bowl, at a respectful distance, may be slender vases of the same glass, and the space on the table between should be filled with smilax.

The first thought for Easter is the lily,

and lovely effects may be made by arranging flowers in gold and silver receptacles. But, as the scent of lilies is overpowering, the yellow pollen should be cut off before placing the blossoms in vases.

A table trimming on ecclesiastical lines may be made by trailing smilax from the sides of four silver bowls to the same number of silver candlesticks in a way to simulate a Greek cross. The candle shades would be pretty of light green silk fringed with crystal beads; or again they might be of yellow tissue paper in silk tulips.

A cheery table is one all of daffodils. Put a bowl in the middle, and let lines of yellow flowers radiate from the center to the sides of the table. A delightful combination is of white lilac, deep pink tulips and pale pink hyacinths.

Another flower is the soft, yet brilliant, genesta, arranged with or without mignonette. Yellow is always a safe choice if the weather should promise to be gloomy, and a room may be illuminated, as with a burst of sunshine, by the use of yellow flowers and candles, and yellow shades and sweetmeats.

Beautiful, again, a star-like arrangement of white camellias, or white and pink, alternately, the flowers being placed on the tablecloth. They will keep well, although without water. Roses, white and yellow, are lovely in combination on an Easter table.

Another pretty centerpiece may be arranged with multi-colored carnations, or anemones. A rough, brown basket is lovely, if filled with white violets, moss and leaves. Yellow and purple irises are delightful in combination, and more especially if a vase of them is wreathed at the foot with purple and yellow pansies.

An attractive Easter centerpiece for a child's table is a basket laid on moss, and in the basket is put a mother hen, and, lying on the moss, some toy chickens. A nest of soft, fresh, green moss may occupy the center of the table, and be filled with

gaily colored eggs, that open, and are filled with chocolates and knickknacks.

In many parts of the country, at this time of the year, the yellow catkins are covering the slender willows over, and a charming decoration, all soft and silver, do they make. Procure a low basket — a rush one will do — and slip into it a pan, filled with wet sand. Stick the sand with branches of the willow, and insert the branches, so that they will ensure a safe bed for the downy yellow toy chickens that are to nestle therein. Put the basket on a mat of interwoven wands of willow, which, as pale pink blends so charmingly with brown and silver, may have an underlay of peach pink. E.X.S.

* * *

Head and Hands

THE old adage of "make your head save your heels" is quite familiar to all of us, and the housewife who fails to follow its teaching, which is all summed up in the modern term "efficiency," is considered rather behind the times. But, while you are saving your heels, what about your hands? They are surely as important, and far more noticeable is a pair of rough, red hands at the bridge or tea table, than the fact that you are overtired from mismanagement of your energies.

The bride of today must lead a sort of dual existence, and to do so successfully means the employment of a great deal of thought and cleverness. She must be her own maid, often her own laundress, and yet be ready, on short notice, to read a paper at a club, conduct a meeting for women voters, pour at a tea, make one at a card table. It is the exceptional marriage, in these days of high costs, that can provide a servant of any sort. Beside the consideration of cost there is to be weighed the joy of personally caring for the new home, dusting the adored pieces of furniture, washing the china, that has so many dreams traced into its pattern, polishing the wedding-present silver, keeping, unmarred by cooking, smudge,

or scratches, the aluminum cooking ware and gleaming glass.

You can do all this, and yet preserve, for social times, and the admiration of your husband, the lily-white hands of the olden-time lady of leisure, IF you will take care. But, like Riley's poem, "the Gobble-uns'll git you, Ef you Don't Watch Out!"

And the Gobble-uns, in this case, are the very real ones of broken nails, that have lost their pinky luster, hands that are rough and stained, fingers that have become harsh to the touch, and unattractive to the eye.

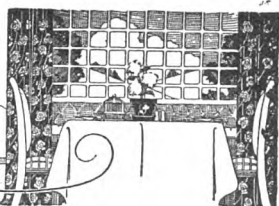
There is the unpleasant picture. Let's get to work to wipe it out, and leave in its place a pleasanter one. The materials needed to keep your hands in nice condition, through all sorts of hard work, are very simple and inexpensive. Cornmeal, lemon, mutton tallow or cold cream, mop, glycerine, an orange wood stick, two pairs of old gloves, one of leather and one of cotton. Add to this a small amount of gray matter, and a generous measure of persistence, and your equipment is complete.

For dish washing, the use of a mild, white soap, or one of the soap-flake products on the market, will more than repay you. They are so much easier on the skin, and do not leave a strong soap odor after them. Any soap, however, when used as often as is required in keeping dishes washed, and a kitchen clean, will take much of the natural oil out of the skin, and eventually leave it dry and harsh. To counteract the effect of the alkali in the soap, some acid used afterward is splendid. Lemon juice is also a bleach, and will remove any stains from the hands, so that it does double duty. The best and most economical way to use it is to cut a quarter-inch slice of lemon every morning. This amount will do for several applications, and may be thrown away at night. If a half lemon is used it will mould, or become unpleasant long before you are able to utilize all of the

(Continued on page 704)



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor. **AMERICAN COOKERY**, 221 Columbus Ave., Boston, Mass.

QUERY No. 4277. — "Please let me know the right Temperature for baking Custard Pie, and how long this pie takes to bake. Also the temperature for baking Cream Puffs."

Temperature for Baking Custard Pie

The temperature for baking custard pie is supposed to be 250 deg. Fah., but this, in part, depends on the size of the pie; for a large, deep pie calls for a lower temperature than a small, shallow one. How long a custard pie takes to bake depends on several factors. If made with the yolks of eggs, alone, it takes a shorter time than if made with the whole eggs. The number of eggs, that is, the proportion of eggs to the milk, also affects the time, for a pie made with one egg to a cup of milk will take longer than when a larger proportion of eggs to milk is used. A large, deep pie naturally takes longer than a small, shallow one; and curiously enough the freshness of the eggs affects the time needed for cooking. No exact rule can be given for baking this pie, except the old-fashioned one, to bake until it is done. It will probably take from 30 to 45 minutes.

Temperature for Baking Cream Puffs

Usually, a temperature of 400 deg. Fah. is recommended for use from beginning to end of the baking. But the puffs may be put into an oven at from 450 to 500 degrees for the first five to ten

minutes, respectively, and the temperature then, gradually, decreased to 400 deg. or less. Or they may be put into an oven at 250 deg. Fah., and the temperature slowly raised to 400 deg. We prefer the last method, for it ensures more thorough baking, and there is less fear the puffs will collapse after removal from the oven.

QUERY No. 4278. — "Will you give me a recipe for the old-fashioned Vinegar Pie, made with molasses and raisins?"

Vinegar Pie

Boil together two cups of water, one cup of vinegar, one cup of molasses, two tablespoonfuls of butter, and from one-half to one cup of raisins. As soon as boiling has begun have ready mixed one cup, each, of sifted flour and dark brown sugar, and two teaspoonfuls of powdered cinnamon. Success depends on the thorough mixing of these, otherwise the pie will be lumpy. Remove the boiled mixture from the fire, and put in, all at once, and not gradually, the whole of the dry ingredients, mixed, then stir vigorously until the whole is smooth. Replace over fire, and keep stirring until the mixture is thick, but do not allow it to boil before pouring into the pastry-lined pie plate. Bake while still warm, without an upper crust.

QUERY No. 4279. — "How should Fruit Cake or Plum Pudding be packed when one wishes to keep it for some time? I had plum pudding grow mouldy after a few weeks storing."

To Keep Fruit Cake or Plum Pudding

The use of the following ingredients in making cakes and puddings tends to preserve their freshness for a long time: Butter, rather than any of its substitutes; milk, rather than water, but better even than milk is strong coffee, malt extract, sweet cider, or fruit juice. Brown sugar, honey, or molasses will keep a cake or pudding moist longer than other forms of sweetening, so will sour milk or cream, and the presence of abundance of nuts and raisins. The use of mashed potatoes or potato water, where this is appropriate, also helps to keep a cake from drying out. To prevent the growth of moulds we are not able to suggest any reliable specific. Whatever is done has to be done while the cake is right hot from the oven. To pack in air-tight, sterile paper; to ice the whole surface, top, bottom, and sides; to lay the cake on a two-inch deep layer of sugar in the bottom of a cake-box of cylinder shape, and then to add sugar until it is buried all over in a two-inch layer of the same; to paint over the surface with melted fat; all have been recommended. Small cakes or cookies, when highly spiced, are not so apt to mould. These have been successfully stored in a stoneware jar, first sterilized, then a preserving-jar, half-filled with water, placed in the middle, and the cookies piled around it. Or two or three apples, or oranges, or a pint of raw potato parings, may be put in the bottom of the jar, a false bottom of wire set over them, and the jar filled with cookies. Lay over the top several thicknesses of cheesecloth, then put on the lid, and store in a place, not too dry or warm.

Baking powder, in any of the flour mixtures, has a somewhat drying effect.

QUERY No. 4280. — "Will you tell me how to prepare a Board for Planking steak? Also tell me how to prepare the meat for cooking it on a plank. I have been told it must be broiled first, but this does not seem to me to be different from any broiled steak. Please give me a recipe for Butterscotch Sauce, too?"

How to Make and How to Use a Planking Board

The board may be made of any kind of hard wood, free from resin. White oak is commonly used, sugar maple is highly recommended. The plank should be thoroughly well seasoned, so that it will not warp, and should be at least one and one-half inches thick when completed. Have it sawed off in rectangular shape, of generous size for the largest steak, fish, or fowl, for which it may be used, also of size to fit comfortably in the broiling oven. The board must be planed smooth, and a bed for the steak a half-inch deep and of oval shape, should be scooped from the center. The whole surface should be sand-papered smooth.

To use the board, set it into the broiling oven, under the gas flame, until it is too hot to bear your hand on it. Lightly brush over with pure olive oil, place the steak in its bed, and set under the gas flame until the surface is seared, then turn, and proceed as for pan-broiling. Remove from the oven and have the decorations of vegetables ready to apply. Pin a napkin, folded in a narrow band, around the edges, and the plank is ready to serve. Sometimes, where there is a platter large enough to hold it, the decorated plank is set on the platter, whose rim is decorated to continue the decorations of the plank.

In camp cookery, where the plank was originally used, no bed is scooped out for the meat, but small holes are bored here and there, and the meat is fastened to the plank by thrusting wooden toothpicks through it into the holes; and cooked by exposing it to a hot fire, somewhat as food is cooked in the Dutch oven. In home cooking the plank has to be kept scrupulously clean and sterile after use. Perhaps the difficulty of doing this, also the fact that the plank will char after its first use, is the reason why meat is sometimes cooked on the broiler and merely served on the plank — but the peculiar flavor of the planking process is then lost.

IN all recipes calling for baking powder, insure successful results by using Royal Baking Powder (absolutely pure).

It is conceded by domestic science teachers and baking experts the world over to be "the most healthful and dependable baking powder made." Royal contains no alum.

Butterscotch Sauce for Ice Cream

Cook together in a double boiler one cup of sugar, one cup of dark corn syrup, and one cup of cream; stir these well together, and allow to cook for an hour, the water in the outer part of the double boiler to be kept boiling. After an hour's cooking beat in two teaspoonfuls of butter and a little vanilla or other flavoring extract.

QUERY No. 4281. — "Please give me a recipe for Jelly made with sweet red peppers? I had some served to me on lettuce as a salad not long ago, but I have never seen a recipe for it."

Sweet Red Pepper Jelly

Measure one cup of syrup from any very sweet pickle, and dissolve in this, over the fire, one tablespoonful of gelatine, previously hydrated. Remove the cores and membranes from some red peppers, cook until soft, press through a colander, and add to the gelatine mixture. There should be nearly a cup of the sifted peppers. Stir once in a while until the jelly is of a consistency to hold up the peppers. The mixture may be moulded in very small individual moulds, or in a shallow pan, and when hard cut in cubes. Any jellied red peppers we have seen were served as a piquant relish, rather than as the main part of a salad.

QUERY No. 4282. — "Please tell me something to Neutralize the Acid of Buttermilk? I have tried baking soda, but it gives a soda-y taste. I wish to know of some wholesome substance that will neutralize the acid of this food, making it palatable."

How to Neutralize the Acid of Buttermilk

If the taste of the baking soda be perceptible, it shows you have used too much. There is only about two-tenths of one per cent of lactic acid in thick, soured milk, whether buttermilk or whole milk, and only a very little soda is needed to counteract this. Procure a few strips of red and blue litmus paper at any drug store. dissolve the soda in

water, add the solution, drop by drop, to the milk, stirring it after each addition, and testing with the litmus paper, until the point is reached when the blue paper will not be reddened, nor the red paper turned blue. You will not perceive any taste of soda at this point.

It is the presence of lactic acid in buttermilk that caused its use to be advocated by Metchnikoff, as a prolonger of life. This acid inhibits the growth of destructive bacteria in that region of the digestive tract where poisons result from the activities of these germs. To neutralize the acid will interfere with this effect.

QUERY No. 4283. — "I wish a recipe for making Maraschino Syrup. Will you give me, also, some methods of preparing different kinds of Cocktails; and tell in what kind of container they should be served, and how they should be eaten, with a fork or a spoon?"

Maraschino Syrup

Put on over the fire in a white porcelain saucepan six tablespoonfuls of sugar, one-half a cup of water, and one-fourth a cup of strained orange juice. Cook the whole to a thick, bright-colored syrup, keeping skimmed if any impurities rise to the top. When the syrup is thick, add a quarter-ounce of bitter almonds, blanched, and ground in the nut-grinder, also the grated yellow rind of one-fourth a large lemon. Cook to 230 deg. Fah., or until the mixture threads, then add one-fourth a cup of maraschino cordial (imitation).

Concerning Cocktails

Cocktails are of two kinds: those of oysters, clams, scallops, or similar fish, which may be considered a form of the shell-fish course, and consequently a substitute for it. The second kind of cocktail is purely a relish, an appetizer, and is made of a mixture of fruit juices, or a mixture of fruits. There can hardly be said to be any very definite recipes for these various cocktails, since they are made according to the taste of the hostess. With the oyster and such cock-



Magic Enters the Kitchen

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Modern woman touches a magic red wheel and receives from her gas oven perfectly cooked food—every time. And this is actual fact.

Fancy owning a magic wheel that forever ends gas oven-watching, forever banishes "unlucky" days from the kitchen, and gives you such accuracy in cooking that you equal your very best results every time—perhaps, even excel them.

The magic wheel does all this—the magic red wheel whose name is Lorain.

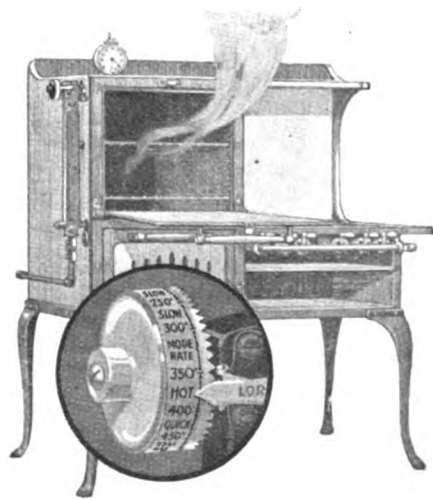
LORAIN

OVEN HEAT REGULATOR

Lorain measures and controls gas oven heats. All you do is to put food into the gas oven and then when it is deliciously ready to serve, take it out.

Bread, cake, pie—or an entire meal of meat, vegetables and dessert at one time—even canning of fruits and vegetables—all these are easy successes for the Lorain. And you need never look into your oven a single time while the food is cooking.

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We manufacture oil and coal stoves for use where gas is not available, but the "Lorain" cannot be used on these.

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Cleveland, Ohio

tails, a couple of tablespoonfuls of high-seasoned tomato sauce are usually added; tabasco, cayenne, horseradish, or some other kind of highly pungent seasonings are added at pleasure, or shreds of red or green pepper. From three to five oysters, according to size, are allowed to a portion, the cocktail is served in the narrow, tumbler-shaped glasses known as cocktail glasses, and is eaten with a slender fork.

The fruit-juice cocktail may be a chilled fruit cup of any kind, such as a mixture of orange and pineapple juice, with a touch of lemon; or grapefruit juice with strawberry and currant juice. They may be slightly sweetened, slightly flavored with a very little ginger or mint, etc. These are served in claret glasses, or indeed in glasses of any shape, with or without a spoon. The fruit cocktails are oftenest made of a mixture of several fruits, such as pineapple, bananas, oranges, grapefruit, and pears. These are cut into small pieces, put into sherbet

glasses, and a couple of tablespoonfuls of sweetened fruit juice, or heavy fruit syrup, poured over them. They are sometimes served in grapefruit shells, lemon shells, or scooped-out melons; and are oftenest eaten with a fork, unless the fruit is fine-shredded and there is excess of liquid, when a spoon is used.

QUERY No. 4284. — "Which is the more correct, in removing soiled dishes from the Dinner-table, to remove all the plates at first, and then follow with the clean plates or service plates; or to place the latter at the same time the soiled plate is removed? Are Service Plates in vogue at the present time?"

Removing Plates, etc., at the Dinner Table

It is very much preferable to place the service plate, or the clean plate, at the same time the other is removed, using one hand to take up the used plate, and the other to slip into its place the fresh plate.

Yes, indeed, the service plate is in vogue as much as ever, if not more. It used, commonly, to be left in place until the principal meat course—that is, removed with the fish course; but now it is often found to remain until the salad course. Sometimes, where the hostess has an abundance of these handsome plates, a different service plate is set for every course.

QUERY No. 4285. — "Will you give me a recipe for a delicious cake called Kossuth Cake? I have never seen it except in Baltimore."

Kossuth Cake

Will some subscriber kindly send us this recipe? We know Baltimore is famous for its cakes, but we do not know how this one is made.

When She Was "Bawnd"

The young daughter of the household was celebrating her birthday anniversary when she suddenly turned to the interested old colored mammy and asked: "Hannah, when is your birthday?"

"Law, Miss," Hannah replied, "I ain't got no birthday; I was bawnd in de night-time."

Velvet Grip

HOSE SUPPORTERS

Equipped with our famous **Oblong ALL-Rubber Button** clasps, hold the stockings in place securely—and without injury to the most delicate silk fabric.



Velvet Grip Hose Supporters
For ALL the Family

Are Sold Everywhere

Made by the George Frost Company, Boston



Table talks

By Mrs. Knox

Making Your Table Allowance Go Farther

"I HAVE just so much money each week to spend on my table," a young housekeeper explained to me recently. "Toward the end of the week, particularly if we have been entertaining, I find my allowance diminishing so that I can't afford expensive steaks and chops — yet I always try to set a nice table. Can't you help me find some really attractive, yet inexpensive, meatless dishes?"

I knew just the recipe she needed, a delicious Salmon and Rice Loaf, molded with Knox Sparkling Gelatine — inexpensive yet attractive and appetite satisfying. She was delighted with it and asked for others which I gave her, explaining how helpful Knox Gelatine can be in making bits of leftover vegetables, fruits, fish and meats into salads and desserts, which the most particular housewife would proudly place on her table.

Here is the first recipe I gave her. I will gladly send you the others if you'll write to me for them.

SALMON (OR TUNA FISH) RICE LOAF

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
 $\frac{1}{4}$ cup of cold water
 $\frac{1}{2}$ teaspoonful pepper

$\frac{1}{4}$ cup milk
1 can of salmon (or tuna fish)
1 teaspoonful salt

1 cup cooked rice
1 tablespoonful melted butter

Soften gelatine in cold water and dissolve by adding hot milk. Add the seasonings, salmon (or tuna fish), rice and butter. Pour into a wet mold and let stand until set. This may be served cold on lettuce as a salad or with a hot tomato sauce in place of meat at dinner.

OTHER MEATLESS RECIPES — FREE

There are many other inexpensive, meat-substitute recipes, together with real meat dishes, fruit and vegetable salads, desserts, candies and dainties given in my booklets, "Dainty Desserts" and "Food Economy." Send for them. They are free. Just enclose 4 cents in stamps to cover postage and mention your grocer's name. Address

KNOX

SPARKLING GELATINE

107 Knox Ave.

Johnstown, N. Y.

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Wherever a recipe calls for gelatine think of Knox"



The above package contains Plain Sparkling Gelatine for general use



This package contains Lemon Flavor in Separate Envelope

"Choisa" Orange Pekoe Ceylon Tea

Pre-War Prices

1-lb. Cartons, 60 cents

½-lb. Cartons, 35 cents



Pre-War Quality

We invite comparison with any tea
selling under \$1.00 a pound

S. S. PIERCE CO.

BOSTON

BROOKLINE

Campfire Marshmallow "Cream"

for Sundaes, Puddings,
Cakes, Pies, etc.

½ cup sugar ¼ cup water
12 Campfire Marshmallows
1 egg white

Boil sugar and water to the consistency of a thin syrup, press Campfire Marshmallows into the syrup, but do not stir. Beat egg white until stiff, add syrup gradually and beat until smooth. Use as a soft frosting and filling for cakes or as a topping for pies. Also serve as pudding sauce or pour over ice cream, either alone or in combination with chocolate, fruit sauces, etc.

Recipe printed on
each package

Campfire
WHITE
Marshmallows

the big
6oz.
package

BEAUTIFUL RECIPE BOOK FREE
Dept. A The Campfire Co., Milwaukee, W.

The Silver Lining

Sonnet to a Dishpan

Dear friend, we know so well which way to look
For comfort, when in plain and simple garments
dressed,

As keepers of the house we stand confessed,
Not only wife and mother, but efficient cook;
What matter if you mark the daily round
Of irritating duties and concerns,
When from the festive board the family adjourns,
And leaves us, maidless, to you chained and
bound.

In your bright depths may be ceramic art,
Venetian glass, or shining silver line;
Suggesting tinkling music and beauty of design,
Or happy table-talk and jolly laughter;
Throughout the world you play your humble
part.

Alas, Dishpan! We love you — 'cause we haf-ter.
Louise S. Hiscox.

Sympathetic

The old farmer was hauling a load of
hay down a narrow road. As he rounded
a corner a big automobile containing a
man and his wife met him. Both hay
wagon and car stopped suddenly.

"Hello!" said the farmer. "Sorry,
but it looks like one of us would have to
back out."

"Yes," said the man in the car. "I'll
back out. I can do it easier than you."

"No," his wife spoke firmly. "This
motor backs out for no load of hay!"

"Never mind," said the farmer, "I'll
back out. I've got one just like her at
home."

Hambone's Meditations

Boss say he don' want me t'ax him
fuh no mo' money less'n ah's *sho-nough*
broke; ef dat's de case, now's de time—
ah's broke wusser'n de ten command-
mints!

J. P. ALLEY.

Shopper: "I want to get a fashionable
skirt."

Saleslady: "Yes, madam; do you want
it too tight or too short?" — *Life*.

"What's your boy doing nowadays?"
"Oh, he's shirking his way through col-
lege." — *Princeton Tiger*.

Stickney & Poor's Prepared Mustard



This Snowy-white Mustard Jar

deserves a place on your table, for it is just as useful as it is attractive. The screw top cover fits tightly, thus keeping the contents clean and in good condition until every bit is used.

Stickney & Poor's Prepared Mustard on cold meats, salads and sandwiches is delicious. Have you tried it? It has a bright, rich color — the flavor is excellent — and the jar is both attractive and useful.

If you have never used S. & P. Prepared Mustard—ask your grocer for it today. If he hasn't it, he can get it for you. Always insist on S. & P. Prepared Mustard.

Your co-operating servant,

"MUSTARDPOT."





You Will Like This!

A COX Gelatine dessert which is exceptionally good, easy to prepare and economical as well, is called Apple Gateau.

APPLE GATEAU (Serves four or five people)

1 envelope Cox's Gelatine, $\frac{1}{2}$ cup ($\frac{1}{4}$ pint) cold water, 1 lb. apples, $\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar, 1 cup ($\frac{1}{2}$ pint) hot water, $\frac{1}{2}$ lemon, red color, custard or cream.

Mix Gelatine with cold water. Slice apples into a saucepan, add sugar, hot water, grated rind and juice of lemon. Cook slowly and when tender, rub through a sieve, add color and Gelatine which has been dissolved over fire. Cool and turn into a glass dish, set in cool place four hours and serve with custard or cream.

You will find Cox's Gelatine a great convenience and economy. Keep some always on hand. You can use it for desserts of all kinds and jellies, and for soups, savorys and salads as well. It is pure, unflavored and unsweetened. Send for a copy of Cox's Gelatine Recipes. It is free.

COX GELATINE COMPANY
Dept. D, 100 Hudson St., New York

Cox's
Instant Powdered
GELATINE

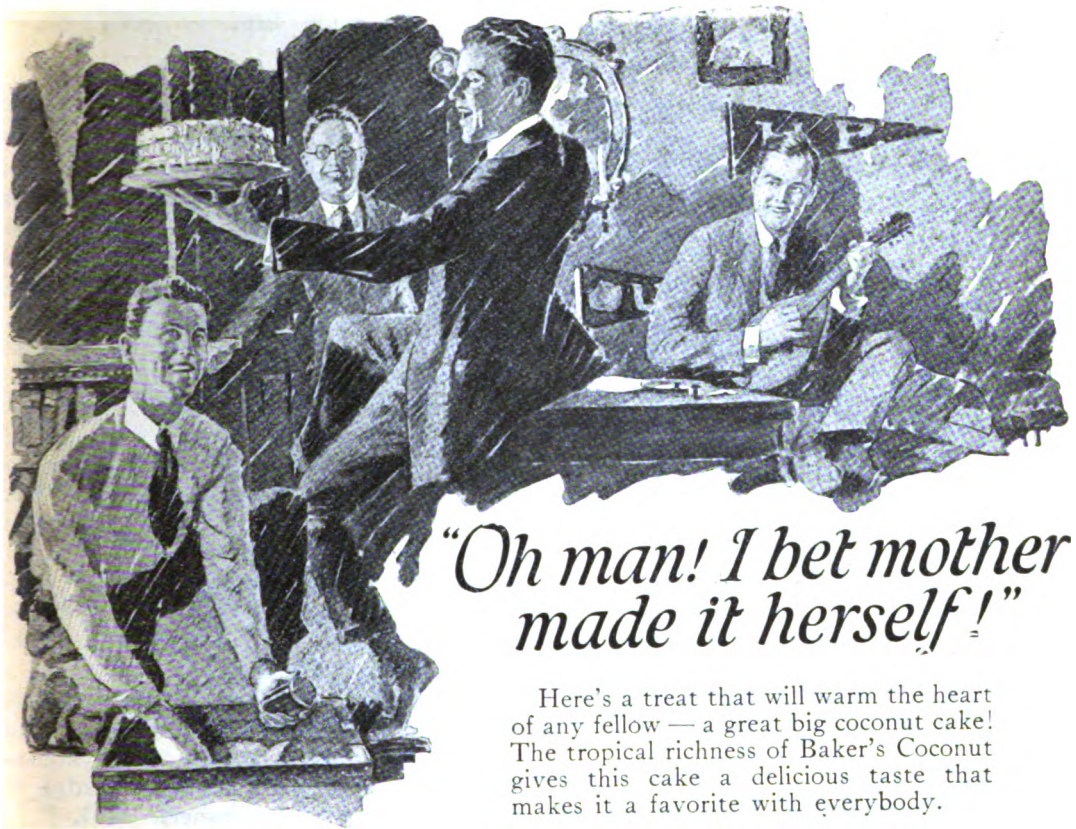
Head and Hands

(Continued from page 694)

juice. After your dish washing and before drying your hands, rub the lemon over them, thoroughly, and let remain a minute or two. Rinse this off in clear water, dry your hands, use the glycerine and rosewater, or any other greaseless hand lotion, and you are ready for your other work.

Rubber gloves are highly recommended by some housekeepers, but I have preferred the use of a dish mop, when using very hot water for china and glass, and the use of brushes for scrubbing greasy pans or cleaning out the sink. When necessary to mop the floor, one of the patent, self-wringing mops, or the pail with wringer attachment, is very satisfactory, and keep your hands from hot water and dirt and strong soap — a trio fatal to smooth, white skin.

Another goblin that will work much harm is dust! While you are dusting, slip on a pair of old gloves. Leather ones are best, as the dust cannot sift through them and get ground into your skin. But if you want to give your hands a beauty treatment while you do your work, rub them thickly with cold cream or mutton tallow, put on the cotton gloves, and dust to your heart's content. The harder you rub, in your dusting, the more the soothing oil will penetrate your hands. When you have finished, wash your hands in plenty of soap and warm water. When they are well covered with lather, dip them into a saucer of cornmeal, and wash your hands with this. When you have rinsed and dried them, you will be delighted with their smooth softness. About twice a week this treatment is splendid, and if managed in this way will not take any precious extra time. This method will also help preserve your nails, and prevent them from becoming brittle and colorless. It will soften the cuticle, so that an orange wood stick, used after the grease is washed off, will do its work quickly and well. By such small means, the taking of a definite time for manicuring is very much shortened



"Oh man! I bet mother made it herself!"

Here's a treat that will warm the heart of any fellow — a great big coconut cake! The tropical richness of Baker's Coconut gives this cake a delicious taste that makes it a favorite with everybody.

Recipe for Coconut Cake

Cream one cup sugar and two heaping table-spoonfuls butter, add two eggs, beat until light. Sift two cups of pastry flour; add two teaspoonfuls baking powder and one-half teaspoonful salt, stir into first mixture with one cup of coconut milk or milk to which one teaspoonful of vanilla has been added. Mix well, place in pans, bake twenty minutes. Make icing with one cup of confectioner's sugar — beat in enough coconut milk or milk to moisten it to spreading consistency, and one teaspoonful of vanilla. Stir in half of the can of coconut from which the milk has been pressed and spread remainder over top layer.

(If Baker's Coconut in the blue can is used thoroughly press out the coconut milk.)

The reason for the delicious goodness of this home-made coconut cake is the nature-made flavor, sealed up in the Baker air-tight can. When you open the can you have the really fresh, pure, white coconut meat exactly as it was when the ripe nut was opened.

In Baker's Coconut the natural moisture, freshness and wholesomeness are retained. That's why it is so good in cakes, cookies, pies and candies.

THE FRANKLIN BAKER COMPANY, Philadelphia



BAKER'S COCONUT

3 kinds

In Baker's blue can — the pure, fresh, white meat of selected coconuts grated and sealed up in the wholesome, natural coconut milk.

In Baker's yellow can — the pure, fresh, white meats of selected coconuts shredded and sweetened; sealed up while still moist with its own wholesome, natural juices.

In Baker's blue cardboard container — the dry shredded meat of selected coconuts, carefully prepared for those who still prefer the old-fashioned, sugar-cured kind.

GOOD LUCK RED JAR RINGS



*They Stretch
and Come Back*

Boston Woven Hose & Rubber Company
72 Hampshire Street, Boston, Mass.



THE products of the fry pan are a source of indignation, with which most people are troubled. The **DUPLEX DRIPLESS BROILER** positively overcomes this.

Heretofore, there has been no convenient cooking utensil for broiling without wasting the juices and smoking and greasing the stove. The **DUPLEX DRIPLESS BROILER** will broil perfectly over any fire without one particle of the juice being wasted, or causing smoke, or soiling the stove.

The **DUPLEX DRIPLESS BROILER** operates with a very low fire, the heat being drawn up and around the steak, chops, etc., by action of the heat current around the tubular channels running to the main trough.

The **DUPLEX DRIPLESS BROILER** is a modern convenience for economical and scientific cooking, and a necessity in the kitchen. Made of cast aluminum and nicely finished. If you cannot buy this Broiler from your dealer, send us his name and \$3.50 and we will send one, postpaid.

Satisfaction guaranteed or money refunded
DUNDEE MFG. CO., Inc., 19 Edinboro St., BOSTON
Established 1888

and the nails kept in even better condition.

The preparation of fruits and vegetables will often leave ugly stains on hands and nails. It will, if neglected, but by rubbing a slice of lemon over them immediately after you are through, this can be easily avoided. Peeling and cutting raw tomatoes will do the same work as the lemon, so if you have several vegetables to prepare save the tomatoes for the last.

Sweeping with a broom, or the vigorous use of a dust mop, will, gradually, make callous places on your hands. For this reason it is always wise to wear gloves while you are doing this work. Keep a pair hanging on the same hook you put your broom on, and you will have no excuse for forgetting them.

It is the every-day, constant watchfulness, in the care of your hands, that is going to gain in the long run. Housework will, eventually, conquer them, if you don't conquer it. And the battle goes on all the time. In this day of mild soaps and modern appliances for housework, ill-kept hands are not a badge of industry, but of carelessness. **D. B.**

Victim (in the water): "Don't stand grinning there! Throw me the lifebuoy!"

Scot: "Weel, I've heard it said that the Scots hae nae sense o' humor, but I've a gran' joke for ye! The lifebuoy's awa' for repairs!" — *Boys' Own Paper*.

**"How John and Mary
Live and Save
on \$35 a Week"**

THIS little story tells how a young couple are getting ahead by planning the family spending and by "stretching" the family dollars.

If you depend on a weekly pay envelope, this booklet will help you to live more comfortably, and *save more money*.

The price of the booklet is 10 cents — it may be worth \$10 to you. *Send for it.* American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



Of course she used Carnation

Wouldn't you like to know how to make all kinds of candy and sweetmeats at home? You can, easily, if you will send for the Carnation Candy Booklet and follow its simple directions. When making candy, as in all cooking, use Carnation Milk. It is both economical and convenient. To reduce the richness of Carnation to that of ordinary milk, add an equal part of water to the Carnation you use. If you want thinner milk, add more water. Send for the Carnation Cook Book. It contains 100 tested recipes.

CARNATION MILK PRODUCTS COMPANY
458 Consumers Building, CHICAGO 558 Stuart Building, SEATTLE

Carnation

"From Contented Cows"

The label is red and white



Milk

Sold by Grocers Everywhere

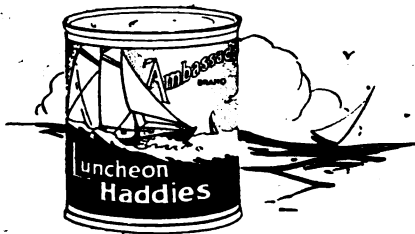
Carnation Milk Products Co.
New York Chicago
Seattle Aymer, Ont.

Carnation Divinity Fudge— $\frac{1}{2}$ cup water, 1 teaspoon vanilla, 2 cups brown sugar, $\frac{1}{16}$ teaspoon cream of tartar, 1 cup nuts, 2 tablespoons butter, $\frac{1}{4}$ teaspoon orange peel, $\frac{1}{2}$ cup Carnation Milk. Put sugar, Carnation Milk, water, butter, orange peel and cream of tartar in a stew pan. Stir thoroughly until it begins to boil. Cook until it forms a soft ball when tested in water. Remove from fire; stir vigorously; add vanilla. Arrange half nut meats on a greased pan. Pour the fudge over them.

Fudge—2 cups sugar, $\frac{1}{4}$ cup Carnation Milk, $\frac{1}{16}$ teaspoon cream of tartar, $\frac{1}{4}$ cup water, 2 tablespoons butter,

2 squares unsweetened chocolate. Put sugar, Carnation Milk, water and cream of tartar in a saucepan. Stir thoroughly. Place on stove and boil slowly. When nearly done, add chocolate and continue cooking until the candy forms a soft ball when dipped in cold water. Remove from fire. Let it partially cool, then stir vigorously. Turn into a greased pan.

The Carnation Cook Book contains more than 100 tested, economical recipes. You will find many helpful suggestions in it. It will be sent free at your request.



Try this delightful Springtime luncheon dish

LUNCHEON HADDIES Salad: Mix one can of delicious **AMBASSADOR Brand LUNCHEON HADDIES** with mayonnaise dressing, add chopped stuffed olives, let stand one hour in cool place. Turn on crisp lettuce leaves and serve. Either creamed or as a salad you will like this delightful Springtime luncheon delicacy.

LUNCHEON HADDIES are the carefully selected white flakes of firm, fresh haddock, cooked, slightly salted and delicately smoked. Packed by our special process as soon as taken from the water. No other fish is mixed with **LUNCHEON HADDIES**. There are no bones. Only the choicest fish are used. Each can is packed full of solid meat. It's different from any other canned fish you've ever tasted.

REDUCED PRICE OFFER

Six full cans of **LUNCHEON HADDIES** will be sent postpaid if you sign the coupon and mail a dollar bill. Try one can at our risk. If you are not entirely satisfied, your dollar will be refunded immediately. Mail the coupon NOW.

DEEP SEA FISHERIES, Inc., Packers
Rockland, Maine, U. S. A.

★
Ambassador
BRAND
Luncheon
Haddies

DEEP SEA FISHERIES, INC., Rockland, Maine.

Please send me your special offering of 6 cans **LUNCHEON HADDIES**, postpaid, on condition that if I am not entirely satisfied, my \$1.00 will be refunded immediately and the goods returned free of cost to me. 129-15

My name _____

Address _____

My grocer's name _____

One Woman's Way

When all the scheme of things is wrong,
When skies are gray,
When friends are false and fortune frowns,
As fortune may,
I do not curse my wretched fate
Nor moan nor cry;
I hie me to my kitchenette,
And bake a pie!

If now and then I seem to tire
Of wedded bliss,
I do not seek divorce nor yet
A soul mate's kiss;
Ah, no, my cure for ennui is
Safer than that;
I find a nifty little shop
And buy a hat!

MAUD KENNEN WADDOCK.

An English vicar says, "It is not unknown at church to see a hand with rings on it worth from £50 to £100 dropping a copper coin into the collection plate."

To Live Better and Save More

PLAN your spending, keep track of your expenses to see that you spend the way you *want* to spend. Then you will get more for your money, and can easily save more.

A way has been found for keeping track of family expenses *without household accounts!* Deposit your income in your bank and write checks for your bills and when you need cash; then the bank and the Self-Accounting Check Record will give you full accounting. This record is no extra trouble to keep, a child can do it.

At all times you know how near you are spending according to your plan or budget. This simple system can't go wrong, for your bank stands behind you and their records show up any mistakes or omissions.

This practical budget system will enable you to *live better* and also save, in a year, \$200 to \$500, extra, *real money in your bank!*

For one dollar we will send you a Self-Accounting Check Record for twelve months with full directions, four Weekly Allowance Books and "The Art of Spending." Full refund if not satisfactory. American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*

Guard Your Stove Against Rust

"Blacking" Won't Do It
Stovoil Will

Rust is the enemy of all metals. Your stove will rust out long before it will wear out — unless you use Stovoil — the *one* preparation that successfully fights rust.

Stovoil cleans, polishes and removes rust, and prevents stoves, ranges, utensils and tools from rusting. Properly used, a bottle will last a year. Will keep that clean, just-from-the-factory look on your stove. Nothing else like it in existence. Used and recommended by your gas company. Won't soil the hands, but will remove and prevent rust. If your dealer cannot supply you send 50 cents for full-size bottle. Money back if not satisfied. Try it today. Address Dept. 448, Superior Laboratories, Grand Rapids, Michigan.

Tom Tap

STOVOIL Sales Representatives Wanted

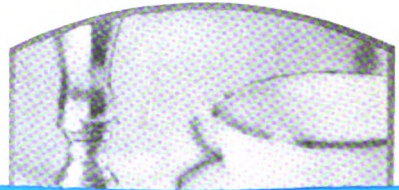


Try Our
**Superfine
Macaroni**

Ask Any Good Grocer

PRINCE MACARONI MFG. CO.
207 Commercial Street, Boston

Spanish **GREEN OLIVES**



You just crave **GREEN OLIVES**

NO dinner is as good without green olives. No formal dinner is complete without them.

You just get a longing to taste the tangy, salty flavor of green olives. And nothing but green olives will satisfy that longing.

Eat all you want. They're good for you. The olive oil in green olives is wholesome and healthful for children and grown-ups alike.

You can serve green olives in many ways. In salads and sandwiches—as garnishes—and as an appetizer. Green olives perk up lagging appetites.

Keep a bottle or two on your shelves. Green olives are a delightful treat at luncheon or dinner. Serve them to your family today.

AMERICAN IMPORTERS
of Spanish Green Olives

TRUE BEAUTY
 AND POWER TO FASCINATE
 come only with health. Bring out all
 Mother Nature's charms by using a
 delicious, strength-giving malted food
HEMO
 to make new red blood.
 Samples and booklet "Beauty and Health" sent
 free upon request.
THOMPSON'S MALTED FOOD COMPANY
 DEPT 37 Waukesha Wisconsin

Why He Turned Out

"Why do you turn out for every road hog who comes along?" she asked, rather crossly. "The right of way is ours, isn't it?"

"Oh, undoubtedly!" her husband replied, calmly. "As for turning out, the reason is plainly suggested in the epitaph which appeared in a newspaper recently:

*"Here lies the body of William Jay,
 Who died maintaining his right of way;
 He was right, dead right, as he sped along,
 But he's just as dead as if he'd been wrong!"*

"Home-Making as a Profession"

HOME-MAKING is the greatest of all the professions — greatest in numbers and greatest in its influence on the individual and on society. All industry is conducted for the home, directly or indirectly, but the industries directly allied to the home are vastly important, as the food industries, clothing industries, etc. Study of home economics leads directly to many well paid vocations as well as to home efficiency.

Since 1905 the American School of Home Economics has given home-study courses to over 30,000 housekeepers, teachers, and others. The special textbooks have been used for class work in over 500 schools.


Of late years, courses have been developed fitting for many well paid positions:— Institution Management, Tea Room and Lunchroom Management, Teaching of Domestic Science, Home Demonstrators, Dietitians, Nurses, Dress-making, "Cooking for Profit." Home-Makers' Courses:— Complete Home Economics, Household Engineering, Lessons in Cooking, The Art of Spending.

BULLETINS: Free-Hand Cooking, Ten-cent Meals, Food Values, Family Finance, Art of Spending, Weekly Allowance Book, *10c. each.*

Details of any of the courses and interesting 80-page illustrated handbook, "The Profession of Home-Making" sent on request. American School of Home Economics, 503 W. 69th Street, Chicago.

—*Adv.*

Trade Mark Registered.
Gluten Flour
 40% GLUTEN
 Guaranteed to comply in all respects to
 standard requirements of U. S. Dept. of
 Agriculture.
 Manufactured by
FARWELL & RHINES
 Watertown, N. Y.



**Roberts
 Lightning Mixer
 Beats Everything**

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk, powdered milk, baby foods and all drinks.

Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives and endorsed by leading household magazines.

If your dealer does not carry this, we will send prepaid quart size \$1.25, pint size 90c. Far West and South, quart \$1.40, pint \$1.00. Recipe book free with mixer.

NATIONAL CO. CAMBRIDGE 39, BOSTON, MASS.

A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves 1/2 the time. Consists of special folding dishdrainer, special wire basket, 2 special long-handled brushes. Full directions for use. Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School of Home Economics, 503 W. 69th St., Chicago

HAY'S Five Fruit



HAVE YOU

TRIED IT?

THE DRINK that knowing palates are calling "the beverage find of the year" — the syrup for sauces and flavoring that country clubs, exclusive hostilities and discriminating matrons are proudly acclaiming — the rich, red fluid that is made in Portland, Maine, and is called HAY'S FIVE FRUIT.

At All Good Grocers'

If you don't find it, please write to

**H. H. HAY SONS, Makers of Five Fruit
PORTLAND, MAINE**



Angel Food Cake

8 Inches Square, 5 Inches High

You can be the best cake maker in your club or town. You can make the same Angel Food Cake and many other kinds that I make and sell at \$3 a loaf—profit, \$2, if you

Learn the Osborn Cake Making System

My methods are different. They are the result of twenty years experience as a domestic science expert. My way is easy to learn. It never fails. I have taught thousands. Let me send you full particulars FREE.

Mrs. Grace Osborn Dept. 143 Bay City, Mich.



FREE FOR 30 DAYS Have you ever wanted from a bottle of MILK? This SEPARATOR does it PERFECTLY. Send this ad., your name and address, and we will send one. Pay postman 50 cents. Use for 30 days; if not entirely SATISFACTORY return and we will refund your money.
**B. W. J. COMPANY, Dept. A.C.
1906 Indianola Ave., Columbus, Ohio**

"Free-Hand Cooking"

Cook without recipes! A key to cookbooks, correct proportions, time, temperature; thickening, leavening, shortening, 105 fundamental recipes. 40 p. book. 10 cents coin or stamps.

Am. School of Home Economics, 503 W. 69th Street, Chicago

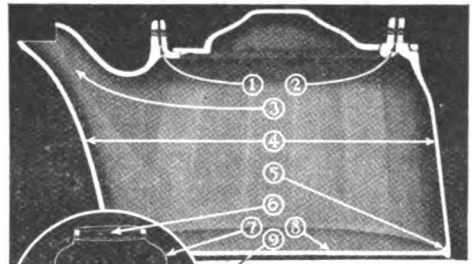
Home Cookie Baker Makes Cookie Baking Easier



Holds 16 cookies from 3½-inch cutter. Used in pairs, time and fuel are saved by having new batch ready for oven when baked cookies are removed. Bakers have no high sides or corners. Size 13½ inches by 15 inches. Cookies are easily removed and bakers readily cleaned. Saves dishwashing. Simply wiping clean keeps the special surfaced sheet steel in good condition for baking. Equally useful for biscuits, rolls, toast, etc. Tested and approved by Good Housekeeping Institute. Send 75c. for set of two in attractive carton. Eighty-five cents west of Rocky Mountains.

Agents and Dealers Wanted

HOME PRODUCTS CO., 1430 E. 49th St., Cleveland, O.



- 1—Heavy lugs, cast solid, no rivets.
- 2—Hinge and bail lug one solid piece.
- 3—Easy pouring spout.
- 4—Heavy metal sides.
- 5—Reinforced solid corner, possible only in cast metal.
- 6—Cool handle, non-conductor of heat.
- 7—Erect, non-swinging bail.
- 8—Extra heavy bottom, thickness where needed.

The TEA KETTLE

*The Heart of Your
Kitchen Equipment!*

A TEA KETTLE is used more than any other utensil. It is always ready with its generous supply of hot water. It is the heart of your kitchen equipment—the one utensil you should select with the greatest care.

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At two years old Billy thinks more than he talks, and when he does speak it is to the point. A visitor had asked the little fellow several questions and received no replies. At last the grown-up said ingratiatingly: "Won't you tell me your name? I think it must be Billy Sunday."

Billy pondered, and at last replied, slowly and firmly: "No, I isn't Billy Sunday. I's Billy ev'yday."

An absent-minded English bishop could not produce his ticket for the railway collector.

"Never mind, my lord," said the conductor; "it's all right anyway, whether you find it or not."

"Oh, no, it isn't," said the bishop, turning out his pockets. "I must find that ticket. I want to find out where I am going."

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BY ALICE BRADLEY

*Principal, Miss Farmer's School of Cookery
Cooking Editor, Woman's Home Companion*

IF YOU wish to earn money at home through home cooked food and catering — if you would like to own and conduct a food shop, candy kitchen, tea room, cafeteria or lunch room — if you wish to manage a profitable guest house or small hotel, you will be interested in this new correspondence course.

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—*Adv.*



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Needed by Every Housekeeper and Hostess

NO PANS TO WASH

"BAKE IN THE CUP"

REQUIRE NO GREASE

Cups Require No Greasing, Can Be Used in Regular Muffin Tins or On Cooky Sheet, in Roasting Pan or Any Flat Tin. **SPECIAL INTRODUCTORY OFFER \$1.00 POSTPAID**

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Cuts your ice bill.



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There's no need now to spend a single *extra* cent for the purest of cream. On every quart bottle of cream there is about a half pint of the richest of cream. It actually *whips* if it is removed the SKIMIT way.

Pouring thins the cream with milk. Dipping is messy. Only SKIMIT removes all the cream without disturbing the milk. Merely lower SKIMIT to the cream line, lift the plunger *once* (no pumping) and a siphon action causes the cream to flow to the pitcher in a continuous flow.

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DR PRICE'S VANILLA



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Good bread is strength-giving and substantial. The very essence of good cake is delicacy of taste and texture. Naturally a flour that makes big, upstanding loaves of bread is not specially adapted to the fine-grained, fluffy consistency of cake.

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A condiment, a relish, a garnish all in one.

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The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers'. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

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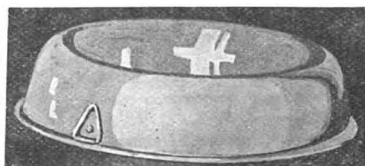
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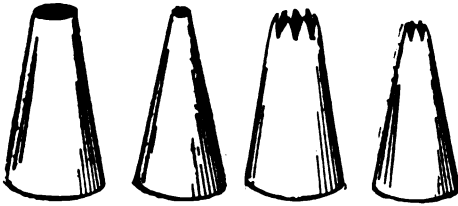
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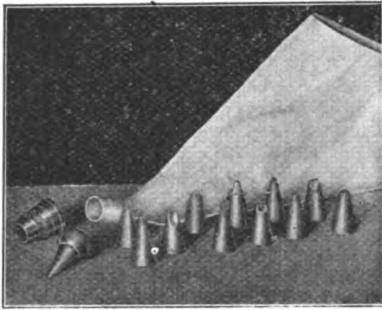


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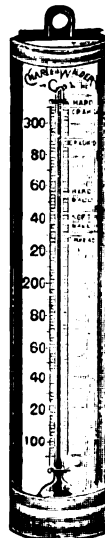
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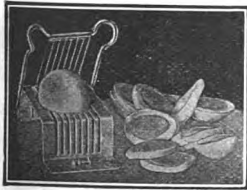
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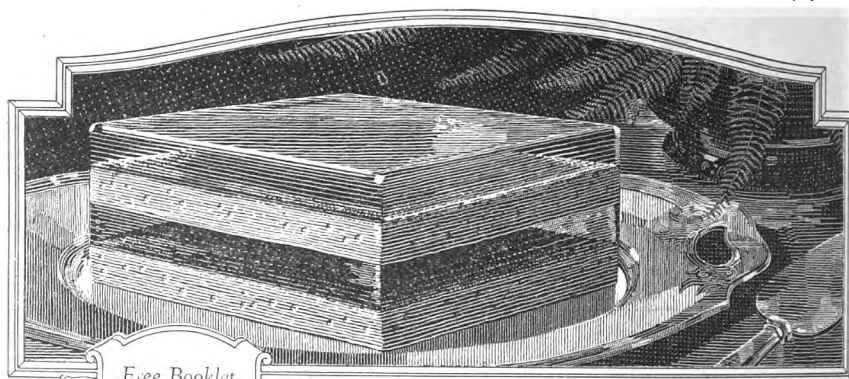
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Jell-O has a light and velvety quality that makes it an ideal finish for dinner. It satisfies. Jell-O is so pretty that it rouses the family's interest at once, and it is as good as it looks.

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**[You may get \$500
out of keeping this
budget book]**

Now read our
Ad. Story

*This one is a "Silent Partner"
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you don't know WHERE to
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a way to
S-A-V-E*

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"The Menter Plan of HOME BUDGETS"

—Not merely a book, but a complete PLAN;
—Not just ADVICE, but HOW to make ends meet;
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This HOME BUDGET *BOOK has been prepared to show you How to find out where the leaks in your use of your household money occur, — so that you can decide HOW to stop them.

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MENTER

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AMERICAN COOKERY

Vol. XXVI

MAY, 1922

No 10

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\$1.50 A YEAR Published Ten Times a Year 15c A Copy

Foreign postage 40c additional

Entered at Boston post-office as second-class matter

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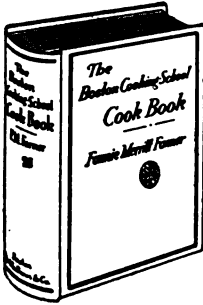
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**“There’s a Kingdom ’round
the Corner”**

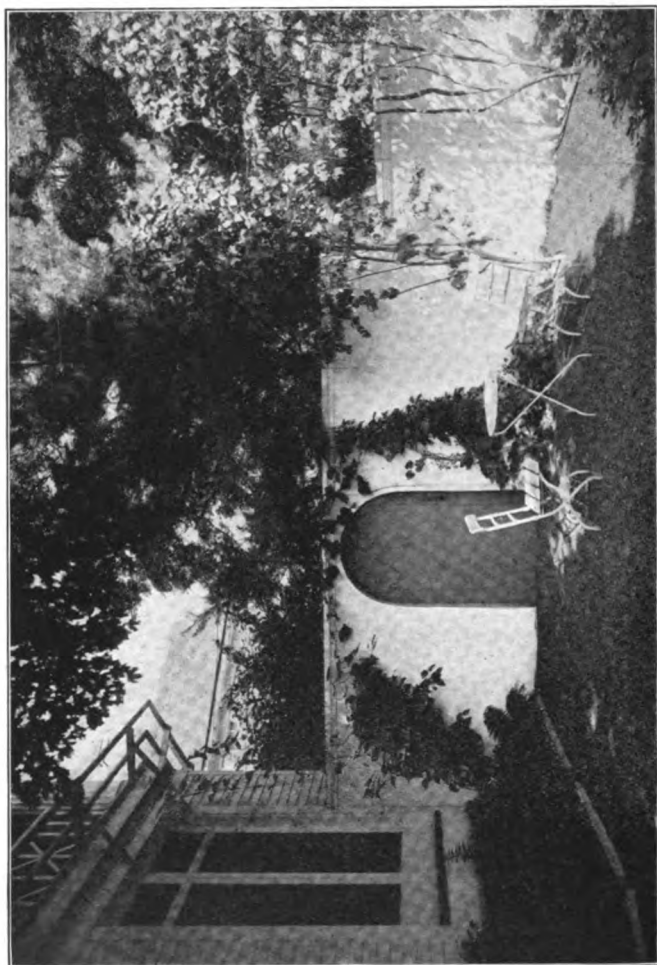
There’s a Kingdom ’round the corner,
Awaiting there for me,
And ev’ry day I get a glimpse,
A bit of ecstasy.

There’s a Kingdom ’round the corner,
Awaiting there for you,
And if with patience you will search
You’ll chance upon it too.

There’s a Kingdom ’round the corner
What does it hold for you?
Maybe it’s wealth, success or fame,
Mayhap a love so true.

There’s a Kingdom ’round the corner,
What does it mean to me?
It’s Adventure Unexpected,
The thrill of Mystery.

— *E. W. Irving.*



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American Cookery

VOL. XXVI

MAY, 1922

NO. 10

Back Yard Possibilities

By Catherine Schultz

SMALL gardens with a riot of color were laid out by our great-grandmothers just back of the colonial house, enclosed by a white picket fence; for in those early days seclusion was desired. Through the picket gate, which was often rose arbored, our ancestor walked along the central box-bordered path to rest under the green arbor at the farther end of the posey bed. Here on a warm afternoon, four o'clock tea was served, not only to herself but also to her neighbors who loved to come to the quiet spot and listen to tales concerning the flowers that grew so profusely.

Here was a background of tall, stately hollyhocks with their wide, cuplike blossoms; in close companionship were the nodding bluebells that swung lazily on their tiny stems, wafted hither and thither by every passing breeze. There were Sweet William, Painted Ladies, Coxcombs and Marigolds, while Chrysanthemums came late in the fall.

These little colonial gardens were charming, a few of which are still treasured for sentiment's sake. These were but precursors of the little gardens now used as living-rooms, such as are now laid out at the back of our twentieth century



AN ATTRACTIVE YARD

homes. For, at last, we are coming to appreciate as did our great-grandmothers the pleasure and healthfulness of living in the open, and each year finds a growing tendency to treat the garden, not only as an ideal place in which to sit, or pick poseys, but as a pleasant living-room with perhaps a summer house or pergola, vine clad, to furnish shade upon a summer day, and also, provided with appropriate furniture charmingly grouped and a tea table always in evidence.

This idea of treating our little back yards as living-rooms is as old as that of the garden itself, for the Grecians set apart a pleasant spot just outside the house, furnishing it with attractive seats, fountains and statuary. Much of this same idea is carried out in the Italian gardens of mediæval and present-day times, where arrangement of furniture means more than flowers, and where every vista is taken advantage of to arrange

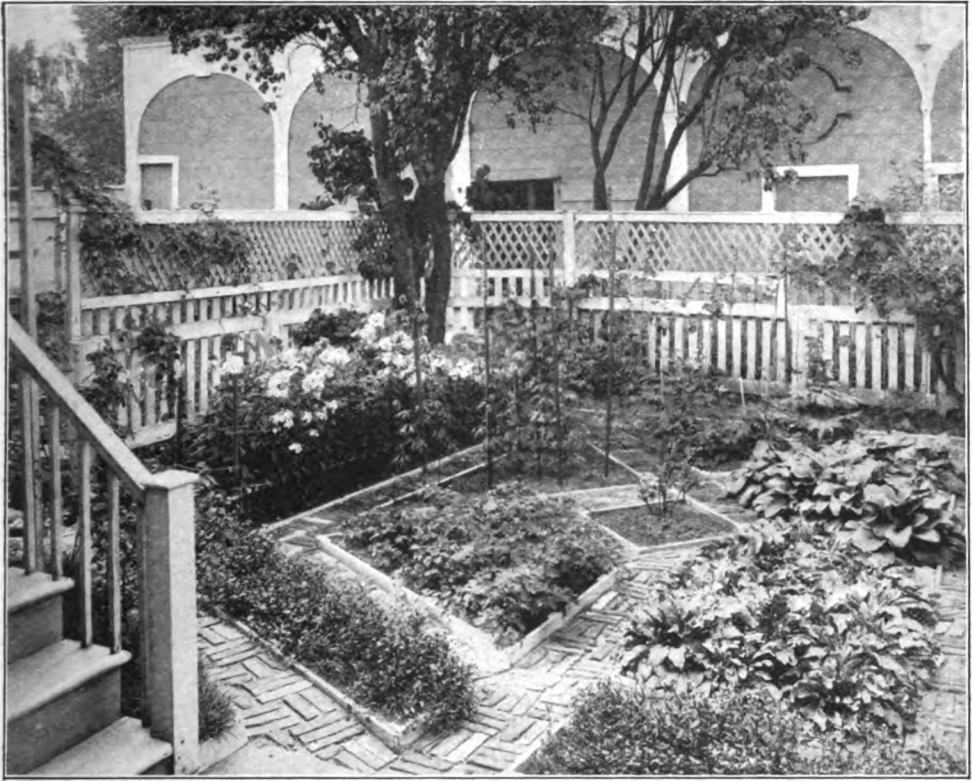
garden furniture so picturesquely that it tempts the feet to loiter. As to the old English gardens, never would they have seemed complete without mention of lodge, bower, bench or gazerbo.

It is not unlikely that we should eschew such elaborate furnishing, but, surely, in order to carry out the idea there should be placed tables and seats, for do not the latter invite tarrying and the former a suggestion of tea, but the danger lies in scattering them in a small limited space as this, rather should they be placed at salient points to carry out a charming plan. There should be if possible an arbor or pergola, for do not seats and tables suggest them?

There should be flowers a-plenty. In the spring bulbs give a touch of color that is most alluring, for have we not longed for them all through the cold winter, but they should be planted for color, a happy choice of tones making the effect much



A BIT OF GROUND CONVERTED INTO A BACK YARD GARDEN



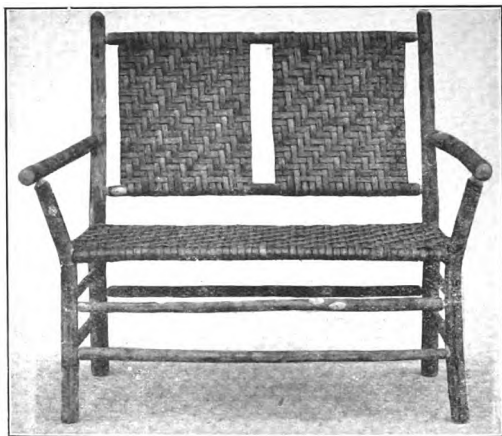
AN OLD-FASHIONED BACK YARD GARDEN AT PORTSMOUTH, N. H.

more restful and when used as a border they form an appropriate framing for the setting of tables and chairs on the central green. Follow these with the different flowers according to season, but do not allow a garish display of bloom which gives one a hot, excited feeling, more especially on a warm summer afternoon. Arrange them according to height, setting the tall ones as a background and using sweet alyssum, mignonette, forget-me-nots or cinnamon pinks, as a border; but make sure that you choose suitable kinds so that there will be a continuous bloom, for we well know that a plant when gone to seed makes a disreputable spot in a small garden such as this, demanding to be cut down and covered with a bright touch of color such as will keep the garden always at its best.

Cover the fence with a wealth of vines, choosing those of the flowering type, such

as clematis, the sweet briar, if one is looking for perfume; this can be purchased today in single and semi-double flowers through the developing and crossing of the old-fashioned variety. The wisteria is very effective with its clusters, large and dense; they come in purple, white and, occasionally, in yellow varieties. Plant ferns at the bottom, making a border of them on the outside to hide the roots of the vines which are apt to decay. For winter effect nothing is more interesting than the bittersweet, whose scarlet and yellow fruitage lasts all through the cold winter months.

Rustic furniture, while having no real claims to beauty, should be used with the bark left on; cedar and locust are advisable for this purpose, although cypress, chestnut and hickory are also used. Wooden furniture, chiefly of the white-painted type, which used to be imported



A RUSTIC SETTEE OF HICKORY

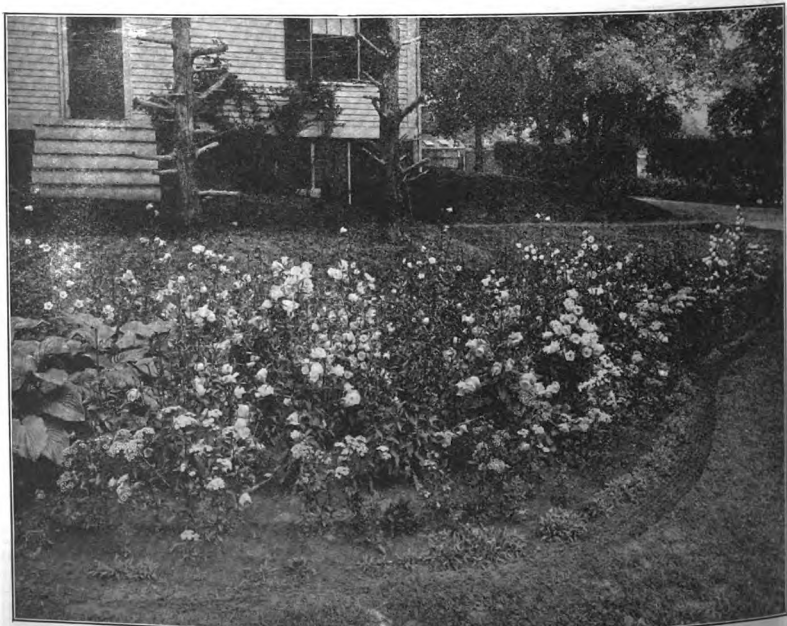
from across seas is now made in our own country and it need not necessarily be white in tone, but can be chosen in color to bring out some particular note that is desirable to make the back-yard garden

more attractive. White furniture has the advantage of being clean, cool, and inviting, as well as forming a pleasing contrast with the green foliage. But there is danger, if too much is used, of making a harsh outline, too startling in its dazzling whiteness.

There is an advantage in the use of this kind of furniture, for every garden lover knows, no matter how carefully the seats are placed, they accumulate a certain amount of leaves and dirt, and these seats are easily wiped off, thus keeping them absolutely clean if enamel be used in the last coating. Do not build your seats too high,

thirteen inches being the proper height, while the back should be tall enough to support the head.

Iron furniture, which consists of chairs, tables and settees, is not correct for a



A WONDERFUL GARDEN THAT EXTENDS TO WATER

small garden such as this; occasionally it is fitting, if the garden has been designed back of a spacious mansion, but as a general rule the designers in iron run to curly scrolls and sinuous lines, giving the effect of a German beer-garden, which is not in line with what the average person is trying to bring out, therefore iron furniture is to be avoided, all the more as at the very best it is uncomfortable.

It is scarcely necessary to catalog everything that is advisable to make this a charming spot to woo us from the indoor living-room to the healthful outdoor life. The main point is to make it attractive and furnish it in good taste, and the safest way to make this possible is to do it a little at a time and make sure that the results are both useful and in good taste.



AN ELABORATE GARDEN WITH IRON FURNITURE

A Legacy from Grandmother

By Alice Margaret Ashton

WE knew ourselves to be the two most miserable young persons in the world. And I felt that the burden of misery rested upon me.

To have given my whole heart. To have stood by valiantly during two years of war and a year of readjustment. And then to have my freedom handed back to me as if it were a cancelled note!

For an hour after Burke left me I wept uncontrollably, with limitless pity for my poor, jilted self.

Then I began thinking of Burke. "Probably it doesn't feel particularly good to acknowledge oneself a failure," I admitted. "He was trying to be fair to me. I don't like the way he looked when he went away!"

I stopped crying, so that I could tuck Burke's picture under my cheek on my pillow—I couldn't risk spoiling it with tears, for it was all I had left. And I switched on the reading light, so I could look at the picture whenever I began feeling too lonely and desolate. Then I tried to remember every hour Burke and I had ever spent together.

We had always considered ourselves so sensible and so wise. We had wanted each other more than anything. And next to that we had wanted a home, something both of us had been largely obliged to go without.

Burke had a good position, and his first substantial increase in salary precipitated our engagement. A few evenings after this happy event he came in looking very businesslike and important.

"You are a sensible girl," he said. "I've come to talk business. The greatest love in the world cannot live long on moonshine!"

So we made a great many interesting-looking figures on paper. And calculated that our fairly respectable savings would provide glad raiment, a delightful honeymoon, and furnishings for an apartment that we should not be ashamed to show to our friends. For the rest we would trust piously to heaven and to Burke's very promising ability.

But alas for plans!

When we should have been honeymooning, Burke was in training-camp. Instead of the happy duties of homemaking I spent the next two years doing double duty at the office, and trying to keep too busy to think.

Burke came back not seriously disabled, but almost unbelievably changed. His old firm found a position for him, but by no means his old position.

"We'll have to wait, honey," he told me. "There is to be a shake-up in the summer—I hope that will mean something better for us."

We waited, hopeful and reasonably happy. But when Burke came in that evening I knew something was seriously

wrong. He looked old and emotionless and beaten.

"Probably I ought to feel grateful for holding any sort of job," he said. "About a third of the force was turned off. But this means another and indefinite postponement of our plans. It isn't fair to you, Amy! I'm going to give you —"

Oh, my heart was broken to bits, that was all! Looking at Burke's picture didn't seem to help much. I could see no way out for us. And I could not blame Burke. "If only I could see grandmother," I whispered, longingly, in my loneliness. "She would understand! She would tell me what to do!"

My white face and a record for "long and faithful service" probably brought me my unquestioned release. In less than twenty-four hours I had reached the sunny little house, which had been the only home of my remembrance, and was unloading my jilted and broken heart upon grandma's comforting and sympathetic shoulder.

For the first day or two grandmother did not say much. Wisely she let me pour out all the unhappiness and bewilderment that burdened my mind.

"Yes, dearie, that was pretty tough for both of you," she would say, sometimes, as I talked. "Yes, I know how it is—grandpa went to the war, you know, and I waited at home!"

"But that came out so differently," I objected, almost indignantly. "You had a lifetime of happiness afterward. Everything did not stop for you as it has for us. You were married—and lived 'happy forever after'!"

"Yes, we were married." Grandma seemed to be looking back to those far and happy days. "And we were very happy!" She spoke almost sternly, as if I had questioned the wisdom of their procedure.

But one morning when I had talked and cried for an hour, the dear lady said suddenly, in a matter-of-fact way, quite at variance with the sympathy she had hitherto expressed: "There, there, Amy,

what is the use? Life is too short to break our hearts over anything.

"If we cannot have what we want it is best to take what we can get and be satisfied. You say you cannot have Burke Winslow. Very well, then. Make up your mind what you want that you can have. And, for mercy sake, don't ruin your eye-sight with weeping!

"Now, let's go up to the attic and look 'round a spell. Remember how you used to love to play up there?"

Too astonished to remonstrate, I followed docilely. And, just to prove my grandmother's wonderful wisdom, when I came down an hour later I was laughing and almost happy once more.

"I've done all I can for you," said grandmother that evening, looking with approval at my smiling face. "You'd better run back to your job, now. And may heaven send you sense."

I went back. And the next evening, on my way home from the office I managed to meet Burke at the corner where we had met so many times in the past.

"You have been away?" he asked, looking anxiously at me.

"Ran up to see grandmother for a few days," I answered, cheerfully. "Come over this evening, I'd like to tell you about it."

I waved a farewell before he could refuse. When he arrived later he took me to task:

"See here, Amy, I'm no dog in a manger. I've given you your freedom — I'm not going to chase 'round with you keeping off some better fellow."

"Well, we can be friends, can we not?" I demanded. "I've run to you with all my difficulties so long —"

"Course I'm always here when you need help," he said gruffly.

"Then I need it right now. Sit down while I tell you."

He sat, but he did not look happy.

"When I ran away to grandmother's I wasn't very happy," I told him. "She proposed a plan. She's coming to spend the winter with me. She wants me to

get a little apartment, and she will send down furniture and things for it."

Burke tried to speak, but his voice seemed to have deserted him.

"That's one way you may help me," I told him. "I know it is asking a lot, but I've only evenings to look for a place and I cannot go alone."

"Sure, I'll go with you. Probably the only chance I'll ever have to go house-hunting!" His voice hurt me, it sounded so bitter and hard and strange.

Burke did not appear cheerful when we started off with my first list of addresses. I imagine my prospective landlords believed him to be the unwilling husband of an uneasy woman. Being with him at all was such a joy that I was half tempted to prolong the search. But the second evening out I found exactly what I wanted.

An old-fashioned house in a respectable neighborhood. One of the original rooms had been left intact, as a living-room; another had been thriftily sub-divided into a tiny sleeping room, a bathroom, with more or less satisfactory plumbing, and a toy-like kitchen. The paper was endurable. The floors had been freshly stained. The rent was not prohibitive. And wonder of wonders, there was plenty of light and even sunshine on occasion.

Burke looked away while I enthusiastically signed the lease and deposited a month's rent.

"Grandma has shipped the things," I told him on the way home. "They ought to be at the station now. I'm going to ask you to get them carted up to the apartment the minute they arrive."

He did it, good, old sport. And because I had only evenings in which to work, and so could not very well go alone, he went with me every evening and helped with the uncrating and settling.

Though it was pretty hard, he could not help growing interested. You see, he was as home-hungry as I was — probably more so since men lack a woman's ability to "make home" even in a boarding-house bedroom.

"This place was just made for the old-fashioned things grandma sent," I told him. "She did not wish to disturb her house for the few months she is liable to remain here, so she sent along the furniture that was in the attic — things she began housekeeping with and things left me by my other grandmother."

The quaint spindle bed, which had gone hopelessly "out of style," and had now experienced a triumphant return, fitted charmingly into the little bedroom. The high chest of drawers took no more room than a modern dressing-table, and offered the accommodation of an extra closet.

In the end of the living-room next the kitchen were a dear little corner cupboard, an old-fashioned buffet and a gate-legged table. A barrel of blue dishes accompanied the other furnishings.

When the old sofa and the two big, stuffed chairs, and the tip-top table were arranged, with a few additions of my own, and the lovely, braided rugs were spread on the dark floor the room was truly beautiful.

On Saturday morning I rose with the dawn. By breakfast time I had accomplished wonders, and called Burke to meet me at the apartment at noon.

I stood in the little kitchen peeping at him when he came in. He looked at the table set for two, and after a moment called quite cheerfully: "Hello! Amy! Your grandmother got here?"

I stepped out, hoping I looked very nice in my white dress and big apron, all covered with rosebuds. "Sit down," I ordered, pushing him into one of the big chairs and rather presumptuously — considering all that had come and gone — seating myself upon the broad arm facing him.

"Listen," I began bravely enough. "Grandmother isn't coming. She never intended to come. Unless you take pity on me I expect I have acted rather

ridiculously." In spite of myself my voice shook.

Burke lifted his eyes, and in his steady look I saw all the things he could not say.

"I wept on grandmother for three days," I told him. "Then she took me to task. She told me how she and grandfather began. 'We'd have felt rich with all you have,' she said. 'If you children haven't spunk enough to seize your happiness you will have to go without it.'"

Burke swept me off the arm and down into the chair with him. "Could we do it on my salary?" he asked, anxiously.

"We can — if you are not ashamed to live like this?"

"Ashamed! I'm ashamed only of not being equal to providing for you all the things you ought to have!"

Just to be on the safe side, we went out and procured a license before luncheon. "How about the honeymoon we planned so carefully?" my husband asked me that evening.

"No better place to spend it than here in our own home," I told him. "A real home is about the greatest novelty either of us can experience."

Many times we marveled, in the weeks that followed, how so tiny a home could give, and hold, so much happiness. "Why, this is the way we started," Burke's superintendent said, when he and his wife came in one evening to see us.

"Only we had no such spacious living-room, nor heirlooms to furnish it," laughed his wife. "Still, I doubt if we ever have been any happier than we were then."

"Wasn't it lucky grandmother gave us all this old furniture?" I said to Burke, when we were alone.

"I should say grandmother's real legacy to us," answered Burke, "was just plain 'spunk' and common sense enough to use it!"



Every Little Bit Helped

By One of the Bits

WE were a very comfortable family in 1920. My husband's salary, with a wholesale firm, was \$250 a month, Howard, our elder son, aged nineteen, earned \$15 a week as assistant in the shipping department of the same firm; Lee, fifteen, and Miriam, twelve years old, were healthy, happy youngsters who preferred the more simple pleasures of life to the ephemeral and costly indulgences of their rich playmates.

Lee was in High School, and Miriam in the grade-school.

We had a budget, of course, and kept to it, which is, I have noticed, not always an "of course."

First in our budget was housing. Our rent was \$40 a month for a pleasant, five-room apartment, not in a fashionable section of the city, but convenient to transportation. The \$40 took care of heat and water, both extra items had we lived in the suburbs. As, each summer, we have a profitable vacation in the country, and in the winter the children spend much time in the near-by park, I felt that the housing situation, for us, could not be bettered.

Second in the budget: food. For fifteen dollars a week I have always provided plentiful and substantial food for the five of us. No out-of-season dainties, but we have always indulged in rather expensive desserts. While I made them myself, the materials were rich, making the cost high in proportion to the food value, and the \$10 we saved from the less than one-fifth-of-income, which our rent amounted to, we spent in these table delicacies — elaborate cakes, fruited creams, and the pastries dear to children's hearts. It was unwise, of course, but we all have faults.

Then, another fifth went for clothing — and it went — too! Of course Howard

practically clothed himself, as he was a quiet boy, who spent little on amusements.

Charity, the church, dentist and doctor divided the two-tenths that made up another fifth.

A twentieth was consumed in light, and the little incidentals that always spring up. Another twentieth paid for a modest insurance for my husband.

That left only twenty-five to save — on paper, but actually we saved much more. For example, Howard gave me five of his fifteen dollars a week — that was always saved.

Not a particularly provident family, were we? But not more careless than the average — not as much so, for we allowed no bills to remain outstanding — in fact we paid cash for practically everything.

We were not amusement-mad, as you can see by there being no separate provision for that. As we were a healthy lot, the doctor seldom received a part of the month's \$250, and that part went for quiet amusements — an occasional play, concert, or movie. The same way with books and magazines. Our tastes varied so much in those lines that a set sum was not necessary. Besides, we patronized the very good public library a great deal.

With such an at-ease-with-the-world atmosphere in our home, imagine the consternation, when husband came home early in 1921, to tell me that his salary was cut to \$225 a month. I tried paring off the little expenses awhile. And we were not left in the lurch very far, although I had an uncomfortable feeling that another storm was brewing. It was. In May, another \$25 was taken off, and Howard announced that he would have an "indefinite" vacation — cutting down the force, and latest employees "laid off" in his department.

A family council met that night, with the budget up on the green carpet!

First we attacked rent. From my frightened premonitions I had gained the foresight to investigate cheaper housing. I found that we were unusually well-situated, considering the added commutation and fuel-bills that country living would mean. Also, Lee and Miriam were progressing well in school, and the next year meant a great deal in their education. So we decided to stay where we were.

Then, food was debated. Each one offered to give up some loved tit-bit.

"Like Lent, mother," said Miriam. "We deny ourselves then, why not now, when daddy needs our help?"

So Howard declared that cream-puffs were not for him, Lee foreswore sodas abroad and layer-cake at home, while Miriam gave up candy. Husband and I thought that top-milk would be as good in our coffee as the very expensive bottle of cream we had been carelessly pouring in every morning. And, as commissary, I declared a ban on all rich and expensive desserts. Plain cake, not iced, fresh or stewed fruits — poor-folksy cuts of meat — in short, in my mind's eye I saw more than five dollars a week chopped off that food bill. And I bettered even that, by the way.

Charity — one-tenth — we did not change, except that any services we might give in church work should have an equal value subtracted in money. For example, I took charge of the communion silver, for which a woman had been paid \$2 a month to clean and polish, and Lee did a quantity of typing for the various church and welfare committees, which he did not charge for, but which was deducted from the "tenth."

Dentist and doctor we did not dare to change, but resolved to be so busy we would not require their services.

Light, incidentals, insurance could not be scotched much. That left clothing. We all offered to join the Save and Sane Club, and wear our last summer's things, as far as they *would* wear, and to hunt

bargain sales for the absolute necessities. The vacations I have mentioned have always been work-and-play ones, which involved little or no expense, being passed on the farms of up-state friends, who have been glad of the help we could give them in the summer harvest, or fall fruit gathering — we going in the "relays" that were needed at the especial season. So our vacation wardrobes caused no trouble.

And this fall the clothing we had to buy I purchased at carefully sought-out bargain sales. So I even saved quite a bit from the clothing item.

Last — that saving account. I found that it must be an elastic one if at all, for the incidentals, which included car-fares, lunches and so on, could not be squeezed any drier, even though husband took a sandwich and an apple in his pocket for noon-time consumption.

There were some months last summer when there wasn't any saving account, for Howard was not able to secure a position until September, and then but a temporary one.

However, we were all so glad we could keep our home intact, and come through with colors flying.

We all helped a bit, a great many bits, in truth. Howard got out some estimates for a builder, typing them on the family machine, and also did a quantity of copying for a statistician who lived near. Thus he paid for his advertisements for a position, and the car-fares spent in seeking the places.

Lee, before school closed, took a paper route for a twice-a-week up-town paper, and secured so many new subscribers that he was loath to leave it long enough to go to Ulster County to help "cousin Joe" in his grain harvest.

Even Miriam had an idea.

"Mother, why can't you give Louise and Eleanor music lessons this summer, like you do me? And 'charge' them, and mother, they could practice here on our piano — and pay. I'd keep the living-room dusted after they went, and I'd watch how long they practiced —"

A crude idea, maybe, but I used it, and had ten little pupils for half-hour lessons all summer. Each practiced an hour after each lesson. It took time — broke up my days — but it paid. I even gave up my vacation, but in a way the change of occupation was a rest. And Miriam felt *she* was helping!

Besides that, I made a number of the popular lamp-shades for neighbors who admired my own original ones, and were delighted to find some one near at hand, who would use some especially liked color scheme.

That led, amusingly enough, to the hat question. I have always made my own, because I love to do it, or because I am hard to please. And so, when we were discussing the lamp-shades, we talked hats, too, and before I knew it, I had made a dozen for ladies who wished some individuality in head-gear. And I made money, too!

Not a fortune — but enough to turn the tide that threatened disaster. Not any heroic effort, altogether — was our little bit of home finance, made up of such little bits of mutual contriving and — *don't forget* — mutual love. The working together meant so much. It means so much to every American home. Not resentment at hard times and lowered wages, but a strong and long pull altogether, of *all* the family — *all* the nation — until we are all safe again on the high rock of Prosperity.

We did not do anything that any — every family in the United States cannot do. Salaries, greater or smaller than ours, will respond to the "little bits of help, from all the family" treatment — oh, *wonderfully!*

No need to be mean or parsimonious — just be reasonable — and don't forget that *all* must have a hand on the life-saving rope!

Too Much Brown

By Ann K. Robinson

THE little Brown bride was in tears. "Why is this such a cruel world?" she wailed, pushing back the bright locks that were so nearly — shall I say it? — that were so nearly — that were almost — almost — oh, red. That is, they were such a bright, shiny brown that they looked red in certain lights. "It's not such a bad old world," I defended, as I made myself at home on the kitchen stool, "at least, this particular part we are in now is good enough for me." She sat up, tragically. "It's brown!" she exploded so vehemently I nearly lost my balance, and then she gave me the tearful details.

"I'm all brown myself to begin with, my eyes are brown and my hair is the

brownest kind of brown and as far back as I can remember everything I ever owned has been brown. Other little girls wore red or pink or blue dresses but mine were always brown. The only other color of dress I ever stepped into was my graduating dress and mother spent the whole time she was making it, lamenting because it wasn't brown! 'Brown becomes you so, it matches your hair,' she would say.

"Then when I was married last fall the girls gave me a brown shower. Ugh! They all came dressed in brown as nearly as they could and brought brown presents — and the lunch was brown: Boston baked beans, potato chips, devil's food cake with chocolate icing, weak coffee served without cream, brown

betty—they especially enjoyed having the brown betty because of my name being Betty Brown. And the things they brought me—brown checkered aprons, casserole baking sets, guest towels edged in brown, cookbooks bound in brown, brown enameled ware, brown laundry bags, brown lunch cloths, brown dust cloths, brown everything. And oh, how they punned on poor Dick's name! Why, oh, why does the nicest man in all this world have to be named Brown?" A whole torrent of tears followed this wail.

"Then father caught the spirit of the times and added his contributions. He bought me the dearest winter suit, brown, of course, with a perfect dream of a hat, shoes and half a dozen pairs of silk stockings, a silk petticoat, an umbrella, all brown—all brown—" Another torrent of tears.

When she caught her breath she started again. "They call this the Brownie's nest, and not much wonder, painted brown outside and in, as it is, with brown wall paper and even the light fixtures a dark bronze. Then to satisfy her terrible craving for brown, mother furnished the house—brown carpet, brown pictures, brown furniture, brown linoleum, brown curtains, brown dishes, even the dustpan is brown!" Betty was wild eyed by this time. "It's brown every place I look, brown, *brown*, *bro*—" "Don't say it!" I interrupted. "You've had an overdose of the word, that is all, and we'll just change it. Of course, we can't change Dick's name unless he were a woman and we could marry him off, but we can change lots of the others.

"As a matter of fact the things you mentioned are *not* brown; the furniture is walnut, the carpets are almost tan and the paper is so light it is almost cream; so are the curtains cream and this lovely linoleum is figured in orange tints. And your beautiful dishes are gold banded," I finished, sternly, then, more kindly, "What was it you wanted?" Eagerly, like a drowning man clutching at a last hope, she breathed the magic word, with

a little intake breath, "Applegreen!"

Having pledged myself to the cause I said simply, "Come with me."

Down the street we went into the department store and straight to the hardware counter; here I purchased a pint of light green enamel, one of white, a bottle of turpentine and two substantial brushes. Then into the drapery department, where yards and yards of soft curtain stuffs tempted. "Applegreen and *app'es*," exclaimed Betty, stopping before a dainty pattern of twining leaves and bright, tiny apples running the length of snowy white lawn. It was, indeed, lovely, it was so pretty and dainty that I ordered enough for an extra pair for myself.

On our way out we passed the cushions. A huge, plump pillow in a wonderful green and gold cover just coaxed to be bought, so, of course, I bought it, too.

At the novelty counter I bought beads of the kind of jade best suited to my humble purse and a beautiful mottled green and white comb set. At other counters, a package of egg dyes, a wall pocket, a green enameled dishpan with glistening, white lining and, lastly, two cunning little ferns were added to our collection and we were ready to go.

Home again, we got right down to work, that is, I did, while Betty watched me round eyed, and after a while, helping where she could, I made those darling curtains in the first half hour and hung them at the kitchen window; then I painted the roll tops of the fern pots green and set one of them in the window nearest the cutting table and the other on the dining table; the wall pocket took on a dress of green and hung at the connecting door on the kitchen side but where it could be seen from both rooms; the little chair in the bedroom got its share.

Then for the white. The stool whereon I perched at the beginning of this revolution changed its mind about being a brown stool and became a white stool, and so did the chair by the far window. The little take-a-peep mirror over the sink got a new frame which added fifty per cent

to its good-looking qualities, the entire inside of the built-in china cupboard glistened like a snow cave when I was through with it.

I put the cushion, the comb, beads and dyes in the big green dishpan and silently handed it to Betty. She knew what to do with the beads, and as they cuddled around her neck, the coppery glimmer her soft hair took on paid me for the investment, for they were a bit expensive. The comb and brush set balanced the little chair in the bedroom, the comfy fat pillow lightened the living room and the big dishpan waited serenely in the sink for its chance of making the world a cleaner and better place to live in.

"Easter Sunday you can have a carnival of colors," I said, and then I told her how to cook the eggs so that they would be hard and yet soft and digestible. "Put them on in cold water and let them boil fully twenty minutes after the water bubbles, and they will be tender and toothsome," I instructed as I left.

Sunday morning I went over to see about things and to find out how Dick liked my meddling; then, too, I wanted to take a package I had bought on my way home the day before. It was to be seen at a glance that Dick was satisfied with the world and everything in it, as he gobbled gay-colored Easter eggs. "That makes six he has eaten," Betty tattled on him, as she was showing me what was left in the basket. One she picked up reflectively. "I colored it with an onion skin — we had to have a brown one, didn't we?" she said, laughingly.

I opened the package and draped upon her young shoulders a cunning bungalow apron of checkered green and white gingham, and as I did so a tiny spot of paint on her right forefinger caught my attention.

"Betty, what have you been doing?" I inquired, in my best dignified-aunt style, and for answer she led me to the kitchen and pointed behind the door.

She had painted the dustpan apple-green!

"Humph! Nerves?" Says Mary Ann

By Lois Goodwin Greer

"**H**ELP! humph!" ejaculated Mary Ann as she sloshed the dish water. "Pretty way to help!"

"Now, Mary Ann," remonstrated a demure little woman who was wiping the shining dishes which Mary Ann jerked out of the bubbling hot suds, "don't you think that you are kinder hard on her?"

"Hard on her!" snorted Mary Ann. "No, I don't think I'm hard on her, and neither do you, Nancy Carter! You and I have known Mrs. Augustus Perrin' all of our lives, and did we ever know her to be anything except a meddlin', pesky old nuisance?"

"Now, now, Mary Ann," soothed Nancy, "that's a strong thing to say about Mr. Jimmie's mother, — although I must own that he's powerful unlike her."

"Unlike her!" broke in Mary Ann, "I should say so! If there's anything to do — he does it, and keeps out o' your way a-doin' of it," taking her hands out of the hot suds and wiping them upon her apron.

"Here he is a-havin' this terrible nervous breakdown; every sound hushed — folks a-goin' round on tip-toe, — even a church mouse wouldn't dar'st to whisk his tail, and the baby and little Murray, bless their hearts, cooped up in the nursery for fear some whisper may disturb their daddy; everybody a-gettin' along easy like, when in flips Mis' Perrin' — to my kitchen door, too."

"She didn't want to make any noise," apologized Nancy, for their subject in question. Mrs. Carter was one of those

rare souls who can always find an excuse for every one.

Mary Ann magnanimously ignored Nancy's remark.

"'Mary Ann, I've come over to help'," says she.

"'All right, Mis' Perrin'. Come right in,'" says I, "just like that, as pleased-like as anything. Well, the trouble begins right there. Most particular-like she dusts my chair, then a-foldin' up that precious coat of hers, she deigns to lay it upon my favorite seat. Then she casts her eyes about.

"'No water in this kettle, Mary Ann,'" she says. So I stops my cooking — was a-makin' a cherry-tart pie — washes my hands, and fills that kettle, which didn't need fillin' any more'n the cistern needs a-fillin' every day."

"Why didn't she fill it? Well now, Nancy Carter, that ain't Mis' Perrin' that's all. Well, I goes back to my pie, a-leavin' her *a-helpin'* in the kitchen. In about a minute she says,

"'Where'll I put this mendin', Mary Ann?' So again I stops, stuffs that mendin' into a drawer — probably I'll forget all about where it is when I get around to finish it.

"Then I starts again on that blessed pie, gets the fillin' in when she says, 'Mary Ann, if you'll tell me where there is a clean towel I'll put it up.' That towel had been used just twice by myself, but I tells her where to find one, and think that I've got her settled for a spell when she 'Mary Anns' me again, a-wantin' to know where there's some soda so she can scald out the coffee pot.

"I gets the crust half on when she decides that the dry mop needs a-scaldin', and don't I think she'd better rub up the trimmin' on the stove? Just then she discovers the milk strainer (which hangs out of doors every night and is as sweet and clean as clover) and want to know if she shan't hang it out — 'to freshen, Mary Ann.'

"About that time I'm a-gettin' pretty jumpy — my kitchen and pantry line up

mighty well alongside o' hers — so I says, "Mis' Perrin', if you'll just wait till I get the crust on to this here pie, we'll have a regular spring house cleanin'."

"'Now, Mary Ann,' says she, 'I'm just a-tryin' to help you, but I find that there are some folks that one cannot help.'"

"She meant proper enough, you see," interposed Nancy.

"Meanin' and bein' is two different horses, Nancy Carter," retorted Mary Ann.

"Then she brushes off my stove, shuts to the cupboard doors, tucks little Murray's hobby-horse out of sight, yanks down the winder shades which I always run up to the top of the casin' when I'm a-working', and has hindered me so's I can't get my pie done for dinner; then she says,

"'Now I'll see what I can do to help Ellen.'"

"Pretty soon out come Ellen, her feelin's all ruffled and fiery like her hair. Says she, 'Can't you keep that woman out here? She's pushed every chair straight back against the wall, pulled down the window shades, carried off all of the books and magazines and — and —' Well, she stopped for breath, I guess. You know that Ellen is a-doin' Mrs. Jimmie's work and her own, too, beside a-takin' care of the children, and she's right smart in her work, and satisfyin', too.

"Nancy, it's no wonder that the Jimmie Perrin's can't keep any help in this house with that woman a-droppin' from the blue sky at all hours of the day or night. If I hadn't a-been with Mrs. Jimmie's mother since I was a young girl, and if I didn't love that child like I could one of my own — if I'd a-had any — wild horses couldn't keep me here."

After a pause she continued, "Well, as I was a-sayin' she straightens out Ellen, and then upstairs she goes, peeks into Mr. Jimmie's room — tears a-runnin' down her cheeks — tiptoes over to his bed, feels of his head, and of course he opens his eyes — sees the tears a-runnin' — then gets upset dreadful."

"How'd I know? The nurse tells me when she comes down to get some ice."

She continued as if she had had no interruption.

"She can't seem to leave him be, must feel of his feet, look at his finger nails, flattens out his pillow, wipes some imaginary dust from the table, all the while a-weepin'. She goes out leavin' Mr. Jimmie's pulse a-racin' sky-high, and scares the nurse and Mrs. Jimmie half to death, and they send for the doctor post-haste.

"Of course, the old lady gets all riled up; wonders what they have done to cause such trouble; thinks, of course, that the nurse has let him do something he ought not to do, and what does the doctor say?—until every one is plumb crazy a-tryin' not to tell her the truth.

"When she strikes the nursery—misery is to pay. Ellen has just finished a-bathin' the baby, and is a-gettin' her ready for her nap on the porch, so o' course the tub and towels and soap and all the baby things are right where she's used them. When Ellen comes back she finds all her things have been whisked away—Lord knows where—she don't. Then she thinks she'll pick up baby's wash, but law's sakes—s'gone! She

finds Mis' Perrin' a-scrubbin' in the laundry, and she's a-washin' some things she should and some she shouldn't.

"She isn't satisfied with all she has, and hasn't done, so she comes back to my kitchen for a partin' shot.

"Mary Ann!" she says. 'I don't aim to give advice to any one, or to dictate, but my opinion to that doctor would be to use a few more old-fashioned remedies instead of all of these new-fangled ones; furthermore, if my husband were sick, I shouldn't think of leaving his room for an instant—no nurse is to be entirely trusted—I shouldn't leave even for my meals. Some folks can always eat, but as for me, I can't swallow a morsel if there is any one sick in the house.'"

"She is a poor, nervous thing," said Nancy, "perhaps she doesn't get the sympathy she deserves."

"Sympathy! You'd better spend your sympathy over some of the ones she visits instead of upon her!" exploded Mary Ann as she emptied her dish water with a swish, and flounced into the pantry.

"There's too many of us," she flashed, "that hides their failin's and pet faults behind their nerves. Humph!"

She Was Modern

By Maud V. McRoberts

"THAT'S a beautiful ring," said the old-fashioned girl to her friend as the latter pushed the tea-cart toward her, "but—"

"But what?" asked the girl with the bone-rimmed eye-glasses, glancing down at the brilliant, pearl-surrounded sapphire sparkling upon her left hand.

"Why—well—when I heard of your engagement, I, of course, expected to see a diamond in one of the lovely new settings."

"Of course you did," said the girl with the eye-glasses, "and that's just what I

wanted to avoid. Every engaged girl I've known has had one of those tiresome solitaires."

"If one doesn't care for them,—"

ventured the old-fashioned girl.

"Oh, it isn't that so much," interrupted her friend, "it's the lack of originality that I object to, and I'm going to be different."

"Sounds interesting," murmured the old-fashioned girl, sipping her tea.

"I'm tired of seeing girls with promising futures sacrifice their interests and lose all individuality because men have

the traditional, moss-covered idea that a woman's place is in the home, providing for man's comfort and entertainment."

"Why not remain unmarried?" asked the old-fashioned girl.

"For example, there's Jane," continued her friend unheedingly. "You remember how hard she worked and struggled to gain recognition in musical circles. Then, just as she was beginning to be assigned to promising operatic rôles, she married John Milford, deceiving herself with the idea that she would go right on with her career."

"What happened?" questioned the old-fashioned girl, interestedly.

"Oh, John was bored with her work. He used the tired business man's plea of needing something 'light' to quiet his nerves. Jane plays jazz and sings popular songs for him now, and they go to the movies twice a week."

"From your apparent disgust, I gather that you are not going to give up any of your various 'high-brow' interests," said the old-fashioned girl.

"Certainly not," replied the girl with the bone-rimmed eye-glasses, emphatically. "I'm to continue my welfare work and all my clubs and classes, without interference from Phil. In other words, I'm to be absolutely free to come and go as I please without being bored by tiresome questions and explanations."

"Phil must be wonderful," sighed the old-fashioned girl.

"I don't mind telling you that he's very fond of me," admitted her friend.

"I shall be curious to see your wedding ring," mused the old-fashioned girl, again gazing admiringly at her friend's sapphire. "I'm sure it will be original in design, and quite out of the ordinary."

"I'm not going to have a wedding ring," stated the girl with the eye-glasses. "It's so bourgeois."

"No wedding ring!" gasped the old-fashioned girl, dropping the tart she was

about to remove from the tea-cart,—
"but, what does Phil say to that?"

"Oh, he objected at first, said he'd had a different idea, but I finally persuaded him."

"I see," said her friend, weakly.

* * * * *

"I've the best news for you," said the old-fashioned girl, enthusiastically, while lunching with her friend some months later. "I have an invitation for you to meet that famous sociologist (I've forgotten her name) at a tea this afternoon. You remember, the one you admired so much," as her friend showed slight interest.

"So sorry, but I've promised to go to a ball-game with Phil this afternoon," replied the girl with the bone-rimmed eye-glasses.

"Not really?" asked the old-fashioned girl, incredulously.

"Yes, isn't Phil good to ask me? — and we're going to a vaudeville to-night."

"Very thoughtful of him," answered the bewildered old-fashioned girl, "but I don't understand,— he objected to your career after all?"

"Oh, no, Phil was just lovely about it, but he didn't show a bit of interest in my work, didn't even ask where I was going when I left him, nor where I'd been when I returned."

"But," said the old-fashioned girl, "I thought —"

"I know," interrupted her friend, "but Phil was having such jolly times all by himself. He didn't seem to care what became of me."

"Oh, what a shame!" said the old-fashioned girl, with mock sympathy, "and where did you get that?" — for the first time noticing a wide band of worn gold on her friend's finger.

"It was Phil's mother's wedding ring," replied the girl with the bone-rimmed eye-glasses. "Phil wanted me to wear it when we were married but never mentioned the fact. Aren't men queer?"

Your House Garden

By Wilnetta Thayer Abrahams

THE cardinal is singing his "Spring Love Song." Robins, bluebirds, and meadow larks are here.

If you really wish to have a winter house garden for next fall, you must walk with me now. It is high time we were on our way.

I will take you to the field, where last spring I gathered the bunch of beautiful, gray pussy willows, that all winter have attracted so much attention. They are sitting in the blue bowl, beside the old rose hangings in our dining room.

They are the first thought of spring-time budding and blossoming, and suggesting next winter's house garden. Very close by my "secret" patch of "pussies" I found, last year, some saxifrage growing. The plant is sometimes called "Rock Breaker." All the hesitating beauty of the early spring bloom clusters about this little white flower. Its color suggests purity, and its growth symbolizes gentleness and perseverance overcoming difficulties.

When we start out to gather our pussies we shall find many other things in the fields, the roads and streams that will interest and inspire us. The things out of doors have a mystery and charm all their own.

The "pussy willows" will be the nucleus for your winter house garden. I would suggest that they be put carefully away until the frost has claimed the last bud from your hardy chrysanthemums, and your bowls, baskets and vases are empty.

Rather early, make your selection of the "Gay Plume," or "Blazing Star," before the sun has faded the rose color, and the stems have been covered with dust from the roadway. It is marvelous the way these lovely plumes all winter long retain their color. They are stately and adapt themselves for decorating purposes better

than any other flower we can find in the summer for our winter enjoyment.

The bunch in the big basket on our hall table is still a source of real pleasure to us, and is being admired by our guests. They are hardly less fresh and attractive than when we picked them in July. An experiment last fall was met with marked success. From our garden I brought in a large bunch of "fluffy" asparagus, covered with red berries. A wall vase looked pleadingly at them — here they have remained since October — the green is bright and the berries firm and cheery in color.

The dry grasses that grow by the wayside, or in pastures, are beautiful in tones of soft gray and browns, and bunched together give a purple or an old-rose cast. It seems as though they grow all summer just to live with me when snow comes, near our fireplace in the corner.

Nothing can be compared with the touch that the burnt orange, yellow, and red, of the bittersweet, will lend to a room. If this is picked early, before a frost, the leaves will remain on it always, curling and changing to a softer green, to be sure, but none the less beautiful.

Purposely, I have left until the last the partridge berry. How dear it is to me. Have you ever gathered them? Do you know the place in Massachusetts where I have found them always? The country all around, where they grow, is lovely. There isn't a rock, a tree or a path that hasn't something of interest in it for me. It is where New England is loveliest. It doesn't waste one moment or one mile, it just goes on being more lovely. Over a hill, down across a field, and into the woods, the path will lead.

If you have been here you will remember climbing a fence, and crossing the little brook, by jumping from rock to rock. Carefully have I picked my way,

because right here the ground is thickly carpeted with partridge vines, covered with bright red berries. It is hard to find a place to step.

I gather them, all I can carry; and some moss in which to plant them; and, perhaps, I will find some very, very tiny ferns.

At home I arrange them in a glass bowl, with moss for moisture, then the cover goes on tight.

But, once in a while, I so long for a whiff of those woods, and the bit of New England tucked away in that bowl, that I lift the cover and peek and smell!! The little glass bowl has been our centerpiece at every meal for so many months that it seems, indeed, quite a part of our family — the meal would be incomplete without it. The berries have grown twice in size, some resembling more a

small, wild strawberry than a tiny partridge berry.

The moss has sent up tender, fresh green shoots all along the sides of the bowl. At all times of the year this little evergreen plant fulfils its mission of adorning. First, the small portion of the earth, to which it finds root. Then, later all those who are really anxious and eager to search can have it about them, when all the woods are covered with snow.

During this spring, summer and autumn, whether you be in the fields, woods, or along the roadside, whether you find anything for your winter house garden or not, you will find old friends, and you will have the pleasure of making many new ones. If you look carefully you will learn that even

"In the mud and scum of things,
Always, always, something sings."

The Otter Creek Tea-Room

By Mrs. G. A. Brigham

THE Otter Creek Tea-Room, so named on account of its location in the valley of the Otter Creek, the largest river in Vermont, and commanding an unexcelled view of the Green Mountain range with Killington, the second highest peak in the state, directly opposite the house. The house, which came to me through my great grandfather, is of old colonial style, constructed of brick which were made on the spot, and all the wood used in its construction was cut from the primitive forests and is hand carved. There are two large fireplaces in each of the larger rooms still in use with their artistic colonial mantels. The location cannot be improved upon, but location is by no means all that makes a successful tea-room.

Having conducted the tea-room for ten years, I feel that by experience I have learned a few things. In the first place, one must like to cook and must under-

stand it, even if she does not do the actual work, if not some things will get by that should never leave the kitchen. I find among other things that the hungry traveling public want something more than a cookie and a soft drink with a fancy price. They want good food in generous portions and of sufficient variety to satisfy a tired and hungry body. They like a chance to rest amid happy scenes, and, if they fail, they avoid being caught more than once in the same trap. So all suffer from the shortcomings of a few would-be tea-rooms.

I serve, at all times during the season, home-grown chickens, fresh vegetables and fruit in attractive forms. I cling to the idea that home-cooked and daintily served foods are more apt to please in a country place than the ready-made products from cans and the like. Though it is hard to tell just why, still it seems to be true, nevertheless, that a home-grown

plump chicken far exceeds in delicacy of flavor anything the butcher can or does supply. Home cakes, salads with fresh, crisp lettuce, home conserves and jellies, fresh Jersey milk and cream, equally fresh eggs and home-made bread and pastry are always popular. Sandwiches, made after the order is given and not allowed to dry, toast served hot, by an experienced hand, go far with the dusty, travel-stained public toward making your place a success and remembered for a second call.

Another requirement is a pleasing personality. One should never attempt tea-room work unless she enjoys meeting strangers from all walks in life. I recall, with some pleasure as well as disgust, one tea-room I visited. The maid came to my table with an apron that was badly laundered as well as torn, her hair was not neatly combed and, last but not least, she addressed me thus—"Whatcha have?" in a high-keyed voice. Possibly some would not mind it, but I venture to say that, if one had partaken of the best turkey dinner, the personality of that maid would have left a bad taste and you would have resolved never to go there again.

Guests must be made to feel at home, and everything done for their comfort while they remain; even if you think their demands are exacting, you must not show it. I can truly say, in most cases, if one proves a good hostess, the guests will do their part and many pleasant acquaintances will spring up, and the same ones will return season after season.

During the time which I have been conducting a tea-room, I have had many noted guests. President Wilson stopped here twice. I have entertained judges of the supreme court, senators, eminent physicians, generals of the U. S. army and many authors of note. I have had visitors from almost every state in the union, and a large part of the civilized world. I do not mention these people because they are more welcome than other

guests that may come my way, but it merely shows that, somehow, the prominent ones as well as the rest pass the word along, when they find the real thing, and they are brother and sister under the skin, after all.

In connection with and joining my tea-room I have a large dining-room which has been the scene of many a family dinner, luncheon, shower and wedding breakfast, senatorial dinners and fraternity gatherings. In fact, a place where people can come and have things just as they would at home with none of the thought and trouble that go with such reunions.

At least one more thing should be said. Don't start a tea-room, if you don't want plenty of hard work, for it means not only bodily fatigue, but a tired brain as well. One must calculate on her supplies and figure not to have an over-supply to get stale and dry, for fresh things are a necessity for success. Of course, the number of guests varies quite a bit, and one must get used to this by experience, as I said before.

Some do not consult their own ability for such work before they plunge in and expend a good deal of money and valuable time. They only think of the profits and the pleasure of meeting many people, without considering their own fitness for it. This mistake should be avoided. Many think that a tea-room is financially bound to succeed. Therefore, numerous fly-by-night or mushroom places spring up, here and there, that only serve to make a dissatisfied public as well as a failure for themselves. One should like the work and be willing to put in many hours of drudgery and keep smiling all the while.

The location of my tea-room helps some, being about midway between two of Vermont's most famous summer resorts, namely, Manchester and Woodstock, but a satisfied public is required for the best results and this is what we must strive for.

AMERICAN COOKERY

FORMERLY THE BOSTON COOKING-SCHOOL MAGAZINE

OF
Culinary Science and Domestic Economics

SUBSCRIPTION \$1.50 PER YEAR, SINGLE COPIES 15c
POSTAGE TO FOREIGN COUNTRIES, 40c PER YEAR

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OUR DAYS

The days they come, the days they go,
Beads upon life's chain;
With opalescent hues they glow,
Like drops of pearly rain
That vivid rainbow colors show.
This, when life and hope are young,
And love her sweetest songs hath sung.

The days they come, the days they go,
Notes upon life's scale,
And minor chords of deepest woe
Tell of hopes that fail,
And greatest loss that earth can know.
God grant we keep the rainbow hue,
Still hope and youth's glad song renew.

— *Harriet H. d' Autremont.*

A LIVING WAGE

WHAT is a living wage? What is the American standard of living? Who fixes the price of anything? Who has set up the American standard of living and decided what it shall be? All talk about this sort of thing is a delusion and a snare. We have been accustomed, likewise have our neighbors, to take what we could get in compensation for services and then adapt our ways

of living in accordance with our incomes, be they more or less. Of course, people are always striving for betterment, to improve their circumstances and raise the standard of living. There are times of prosperity which all are longing for, also there are times of great depression which all would avoid. No regular or fixed standards of prices or wages can be set up. We all must adapt ourselves to the conditions of the times.

Once, for sake of an education, children and youth were glad to walk often long distances to school. The exercise was thought to be good and wholesome. Ambition for an education was the incentive that overcame every obstacle. Now, as transportation charges in various school reports would indicate, taxicabs will soon be required to call at individual doors to convey pupils to and from school. Is this what the American standard of living means?

Seriously, the general consumer, the great masses of people, have become weary and tired out with high prices, high taxes, and still more tired of wasteful and extravagant governmental expenditures, which are the cause of high taxes and high tariffs of every kind. Increased appropriations and expenditures mean increased taxation.

Do we fully realize that the present attitude of organized labor with its untenable assumptions and demands is the chief obstacle in the way of the resumption of business, the riddance of unemployment and, in consequence, the return of general prosperity? A second obstacle is the unwise raid on the government at present for a soldiers' bonus. Many people are anxious to make repairs, to build new, to enter upon new enterprises, but are not able to do so at the present prices of labor and cost of materials. "No man will consider spending large sums in his business without being convinced of the wisdom of that course. It is time that governmental expenditures were viewed in a business-like manner." No one will do business at

a constant loss, for it means speedy ruin and bankruptcy. The great need of the hour is steady occupation. Idleness is calamitous; it leads to mischief.

DELUSIONS

THE great delusion of the present day is the idea that money can be created by legislation. In a late editorial, in *The Saturday Evening Post*, we find this old fallacy well exposed. "One of the oldest, most seductive, and fatal delusions which mankind has suffered from is the belief that prosperity can be created by increasing the supply of money. But, alas, the Government can not create value, wealth, capital, credit, by a mere fiat. It is not superior to the recognized laws which govern the slow process of accumulating savings. One of the greatest of our statesmen has said that the Government did not have a single dollar to give any one which it did not take from some one else — a statement which should be posted up in a conspicuous place in every city, town and village in the land."

Now the value of money depends upon the fact that it is limited in quantity. People soon cease to value what is unlimited in quantity. The late war has demonstrated this beyond a peradventure. Paper money in Europe is plentiful, free as air and sunshine, and yet the masses of people are poor and hungry. The exchange value of the mark and ruble tells the story. The truth is, we are fundamentally dependent upon the resources provided by the earth. These resources are to be developed by human skill and effort. Thus wealth is created. Prosperity is based on harmonious and contented human effort.

THE TASK OF MANKIND

MR. H. G. WELLS, in his late work, the *Outline of History*, says, "The effective task before mankind which has to be done before any new and enduring social and political edifice is possible, the task upon which the human intelligence

is still engaged, is the task of working out and applying a Science of Property as a basis for freedom and social justice, a Science of Currency to ensure and preserve an efficient economic medium, a Science of Government and Collective Operation, whereby, in every community, men may learn to pursue their common interests in harmony, a Science of World Politics, through which the stark waste and cruelty of warfare between races, peoples and nations may be brought to an end, and the common interests of mankind brought under a common control, and, above all, a world-wide System of Education to sustain the will and interest of men in their common human adventure. The real makers of history in the past have been and will be in the future, those who have advanced and contributed to this constructive effort."

VITAMINES AND MISLEADING PUBLICITY

A VAST amount of publicity has been given the subject of vitamins during the last year or so and the country is now being flooded with preparations in the form of foods and drugs which are claimed to be full of these substances and therefore of great value in the diet. In many instances housewives have been imposed upon and foodstuffs of no more than ordinary value have been purchased at very high prices in the belief that goods of superior value were being secured for the family table.

It may be of interest to many to know that a complete understanding of the identity and value of vitamins is yet to be demonstrated, though much work along this line has been done, even to establishing the relative content of the substance in various foods. There has been much written concerning the vitamin theory that is not based on scientific research and in many instances these reports have been of such a glowing nature that manufacturers have not been slow in taking advantage of the extravagant claims.

Without doubt the claims made for certain foods have induced many to rely upon these to a larger extent than is warranted by the facts in the case to the exclusion of other foods that are really more essential in the diet. A knowledge of vitamins is greatly to be desired but housewives should have some manner of distinguishing between the real findings of scientists and the extravagant claims of food and drug manufacturers.

Authorities declare that there are four requisites of a normal diet. Food must be palatable and digestible, making due allowance for the tastes of different people. It must represent an adequate quantity of available potential energy, the average adult requiring not less than 2,000 calories. It must contain protein food and must have a proper supply of mineral elements in a varied assortment.

Recent research has proved that there are organic compounds other than proteins which are necessary for normal growth and to health. The name of vitamins has been given to these substances; an amine being a nitrogenous compound of a certain type, while a vitamin carries with it the added distinction of being necessary to life.

Scientists have identified three classes of vitamins and in papers on the subject these are usually referred to by the letters "A," "B" and "C."

The "A" vitamin is readily soluble in oils and ether and is distinguished by the fact that animals that are fed on a diet in which it is not present become afflicted with xerophthalmia, or sore eyes. It is resistant to ordinary cooking operations, but is killed by long exposure to sunlight. It has not been positively identified with any of the chemically known constituents of plants or animals.

The "B" vitamin is sometimes called "water-soluble B," since it is readily soluble in water, in contrast to "A" vitamin. It withstands cooking at a low temperature but is slowly destroyed at 120 degrees centigrade.

The "C" vitamin is a very interesting

one and the lack of this in food is mainly responsible for diseases like scurvy. While it is able to survive ordinary cooking operations it is usually absent in dried foods, or foods which have been preserved for a long time. It is to be found in all fresh fruits, vegetables and meats and in seeds which have been permitted to sprout.

It has been determined that the "A" vitamin is especially abundant in the yolk of eggs, yeast, beans, peas, cow's milk, whole wheat flour, cabbage and millet. The "B" vitamin is found in the yolk of eggs, dried soya bean, millet, linseed, cabbage, margarine and cod-liver oil. The "C" vitamin is plentiful in potatoes, fish, fresh meat, cabbage and orange juice.

It will be readily seen from an inspection of this list that vitamins are to be found in the foods that are widely used. To secure an abundant supply it is only necessary to arrange a well-balanced diet, such as most housewives select. Fresh fruits and vegetables are rich in them, as are also milk, eggs and whole wheat flour. There is no need to rush to proprietary medicines or patent foods to secure plenty of vitamins. They are most plentiful in uncooked foods, and in fruits and salads.

T. A. C.

This number of American Cookery carries our annual Title Page and Complete Index, which give a permanent value to the publication.

OLD QUESTIONS

In spring-green fields, a white throat's sudden call!

Years vanish; and a wistful child again

Stands pondering blind thoughts beyond her ken;

Adrift in that immortal rise and fall

Of melody singing the mysterious all.

Poignant and sweet, with liting life aglow,

It thrills her half-listening ears, — the while her mind

Gropes with old questions: *What is way behind The sky? Do other people feel, — like me?*

Flowers grow, —

What makes them? Where was I a hundred years ago?

— Katharine Sawin Oakes.



COMPANY STRAWBERRY SHORTCAKE (See page 758)

Seasonable-and-Tested Recipes

By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Iced Cherry Soup

PUT over fire in the soup kettle one quart of ripe cherries, red or black, with one cup of water, one-half of one lemon, sliced thin, and one or two sticks of cinnamon, broken into little pieces and tied in cheesecloth. Let cook for a quarter of an hour after the water has begun to boil. Strain, remove cinnamon, and press the cherry pulp through a colander. Return to kettle, with enough water added to make one quart. Add one-fourth (or more) of a cup of sugar, and the juice of one large lemon. Thicken with two tablespoonfuls of arrowroot, rubbed to a paste with a little water. Let chill after thickening; let cool, and serve in glass bouillon cups, one-third filled with shaved ice, and garnished with bits of jelly or preserve.

Asparagus Purée

Cut off tender parts of green asparagus stalks enough to weigh one pound, and

cook in a quart of chicken or veal stock for twenty minutes, with one small onion, chopped, and a sprig of parsley. Rub through a colander, and thicken with four tablespoonfuls of flour rubbed to a paste with two tablespoonfuls of butter. Stir over the fire until the mixture boils; season to taste, and serve in bouillon cups with a spoonful of whipped cream on top, the cream to have salt and a little paprika added to it during the beating.

Artichokes à la Printinière

Select a dozen very small artichokes — or larger ones divided to make a dozen pieces of equal size — and arrange in the bottom of a casserole in which one-half a cup of butter has been heated until it begins to foam. Allow to cook, closely covered, for ten minutes; then add one teaspoonful of onion-juice, one-fourth a teaspoonful of pepper, a little salt, two cups of green peas, and two cups of very tender, young, white leaves of cabbage, shredded. Cover, and cook the whole

over gentle heat until the peas and cabbage are done. Canned peas may be used instead of fresh, or young lima beans. Serve with roast lamb or any other delicate meat.

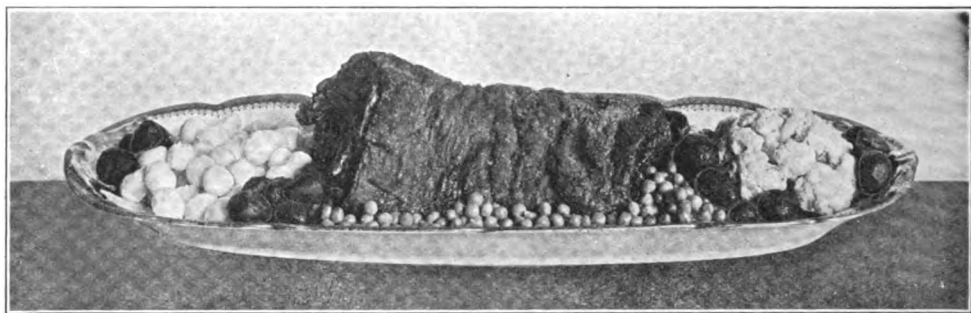
Agra Dolce Salmon Cutlets

Cut a fresh salmon into six steaks, and rub each with a little salt on both sides. Let stand, and prepare the following sauce: Cook in a porcelain kettle one-half a cup of vinegar, two tablespoonfuls of sugar, one tablespoonful of molasses, six whole cloves, one-half a teaspoonful of ground cinnamon, and one cup of water. When the whole comes to a boil, add one lemon, sliced thin, one-half a cup of cider, one-fourth a cup of seeded

platter, and lay upon the mixture two rolled kidney chops. Turn them once in a while, and leave in the marinade for from six to ten hours. Pat the surface dry with absorbent paper before cooking, and broil over a very hot fire, preferably of charcoal. Serve with new potatoes, baked. Very delicious.

Cauliflower à l'Espagnole

In two tablespoonfuls of butter in a frying-pan cook one small chopped onion and an equal volume of chopped parsley until brown. Season with one teaspoonful of celery salt. Add to the pan two tablespoonfuls of flour, and smooth to a paste; add gradually one cup of water or stock, and stir until the whole boils.



RACK OF LAMB

raisins; let cook for ten minutes longer, then lay in the slices of salted fish. Let cook until done, then remove to a hot platter; strain the sauce, thicken with two tablespoonfuls of flour rubbed to a paste with a little water, stir until slightly thickened and smooth, and pour over fish on platter.

More sugar may be added at this stage, if the sweetness is lost in cooking.

Marinated Kidney Chops

Put one small onion, one clove of garlic, one sprig of parsley, and one-half of the peel of one lemon through the fine chopper; mix with one-half a teaspoonful of salt, one crumbled bay leaf, and six whole black peppercorns, bruised. Mix with six tablespoonfuls of olive oil and two of tarragon vinegar; spread on a

Strain, add one-fourth a cup of tomato catsup, and pour over one head of boiled cauliflower in a baking dish, the cauliflower to be divided into portions for serving; set the whole into a very hot oven for five minutes and serve in the baking dish.

Rack of Lamb

In a double pan roast a strip of ten lamb chops. Garnish with potato balls, peas, small beets and cauliflower.

Beanpot Fricassée of Duckling

Joint, as for fricassée, one duckling of from four to six pounds in weight. Let the pieces lie in strongly salted, cold water for ten or fifteen minutes, then wipe dry and cook in bacon drippings on a very hot pan until brown on the out-

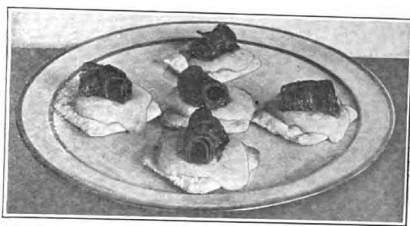
side. Put the meat into a small bean-pot, in alternate layers, with thin strips of breakfast bacon and sliced young onions; add pepper in reasonable amount and salt very scantily to each layer, and so proceed until all the pieces are in the jar. Cover, set into a vessel of warm water or into a steamer and let cook for an hour. Fifteen minutes before the cooking is finished add one-half a cup of currant jelly and one-half a cup of good stock, or water. Serve directly from the beanpot, or, if preferred, turn out the contents into a deep dish.

Asparagus with Green Peas

From fifty stalks of green asparagus cut off the soft tips, to the depth of two inches or more, in small pieces the size of peas. Measure, and add an equal amount of young, green peas. Cook together in not more than one-half a cup of water, closely covered, for twenty minutes or until tender, then add one-fourth a cup of butter, one-half a cup of milk, one beaten egg, and light seasoning of salt and pepper. Stir over fire for a minute or two, until the liquid is creamy; serve either in individual ramekins or from the ordinary vegetable dish.

Rabbit

Put one tablespoonful of butter in a double-boiler; add two tablespoonfuls of flour; when smooth pour on one-half a cup of milk, and stir until mixture is thick. Mix one-eighth a teaspoonful of soda with one cup of strained tomato and add to mixture in double-boiler; now add two cups of fine-cut cheese, one-fourth a



RABBIT WITH BACON

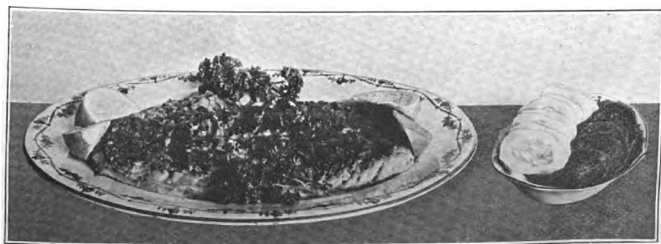
teaspoonful of salt, one-fourth a teaspoonful of mustard, a dash of paprika and two eggs slightly beaten, and stir until thick. Serve on Uneeda biscuit. Garnish with rolls of bacon.

Broiled Scrod

Split the back and remove backbone from a cod or haddock; broil in a well-oiled wire broiler over a hot fire. Spread with one-fourth a cup of creamed butter mixed with one-half a teaspoonful of salt, a dash of pepper and half a tablespoonful of fine-chopped parsley.

Pickarel Farci

Clean and scale the fish, then cut open from head to tail along the backbone, but leave the head and tail on. Remove the backbone, using a small French boning-knife. Then take out all the meat from head to tail, leaving the skin intact, and being careful that it be not broken. Chop the meat, and add an equal quantity of breadcrumbs, first moistened in hot water, squeezed dry, and seasoned with two or more tablespoonfuls of butter, a tablespoonful, each, of fine-minced parsley, onion, and capers, also salt and pepper to taste.



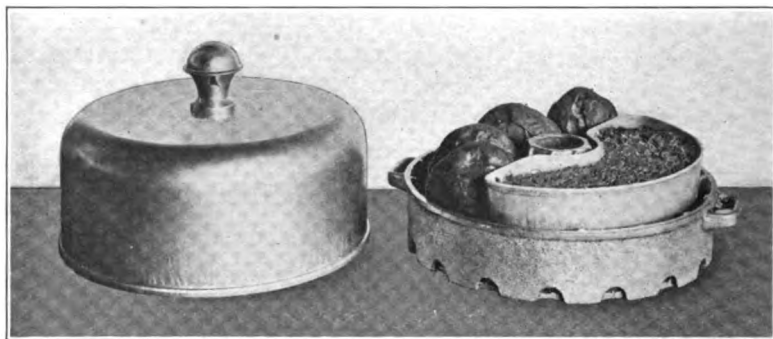
BROILED SCROD

Bind with one beaten egg, and refill the fish skin with this mixture, forming it into the natural shape. Sew up the skin where cut, and let steam until cooked. A five-pound fish will need to be steamed for an hour or an hour and a quarter. Serve with horseradish sauce. Pike, trout, and other fish may be similarly treated.

Horseradish Sauce

Peel one pound of horseradish, and grate. Measure the grated root, and beat into an equal volume of heavy cream, beaten stiff. Season light with salt and pepper; serve a large spoonful with each helping of the fish. This sauce is used cold, with warm fish.

fresh, close-grained bread, using a very sharp knife, saw-fashion, to cut them evenly. Trim off the crusts and spread the first slice with a mixture of six chopped olives mixed with twice the volume of cottage cheese. Press sliced chicken into this, cover with lettuce, and place the second slice over it. Spread the second slice with chopped sweet pickles, blended with the hard-boiled yolk of one egg, press slices of chicken into it, cover with lettuce, and place the third slice on top. Place the sandwiches after making on a marble slab or other flat surface, lay waxed paper over, and cover with a weighted board for an hour or more. Before serving trim each one, place on a breakfast plate, cut into



CREAMED CORNED BEEF AND BAKED POTATOES COOKED IN MASTER BAKE POT

Creamed Corned Beef au Gratin

Scald two cups of milk with two slices of onion and one cup of coarse celery stalks, cut in pieces; strain over one-fourth a cup of butter, one-fourth a cup of flour, and one-eighth a teaspoonful of paprika creamed together. Stir and cook until smooth and boiling; then let cook over hot water ten minutes, and strain over the corned beef. Turn into a buttered baking-dish. Stir one-half a cup of cracker crumbs into one tablespoonful of melted butter; spread over the top of the mixture and set the dish in the oven long enough to brown the crumbs.

Country Club Sandwiches

For each sandwich cut three slices of

quarters, and pour over each one-fourth a cup of the following dressing: Add to one pint of thick, sour cream the juice of one small lemon, one tablespoonful of vinegar, two teaspoonfuls of sugar, and either a little cayenne or a generous sprinkle of paprika. Beat all together vigorously, and after pouring one-fourth a cup over each sandwich, add a garnish of cress or sliced tomato, one or both.

Conserve of Rhubarb, Orange Peel, and Raisins

Collect orange peelings until, when put through the food chopper, there are enough to fill a quart measure. Cook in water to cover until quite soft, then drain off the water, add a pint of fresh-boiling water and one pound of seeded

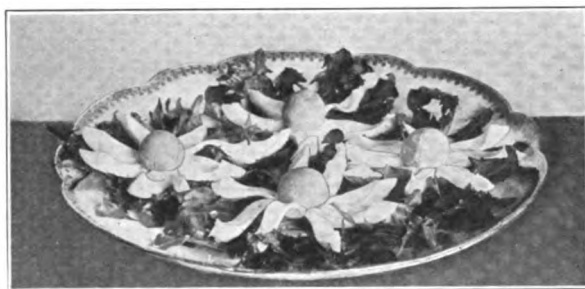
raisins, and cook until raisins are soft. Add five pounds of strawberry rhubarb, four pounds of sugar, and two ounces of stick cinnamon, broken into small pieces and tied in a cheese-cloth bag with one ounce of bruised, whole cloves. Let all boil for ten minutes; then remove the spice bag and cook down the fruit mixture to the consistency of marmalade. Put into sterile jars and seal.

Chicken Salad, Spring Style

Mix six tablespoonfuls of olive oil, one teaspoonful of salt, one-half a teaspoonful of paprika and two tablespoonfuls of lemon juice and pour over one pint of cold, cooked chicken, cut in cubes, one cup and one-half of preserved pineapple cut in cubes, one-half a cup of blanched almonds, shredded, and two heads of French endive, cut julienne style. Mix thoroughly and shape in a mound on a bed of lettuce leaves. Spread half a cup of mayonnaise over the top of the mound. Sprinkle the dressing with fine-chopped pistachio nuts.

Dandelion Salad

Clean and wash tender dandelion



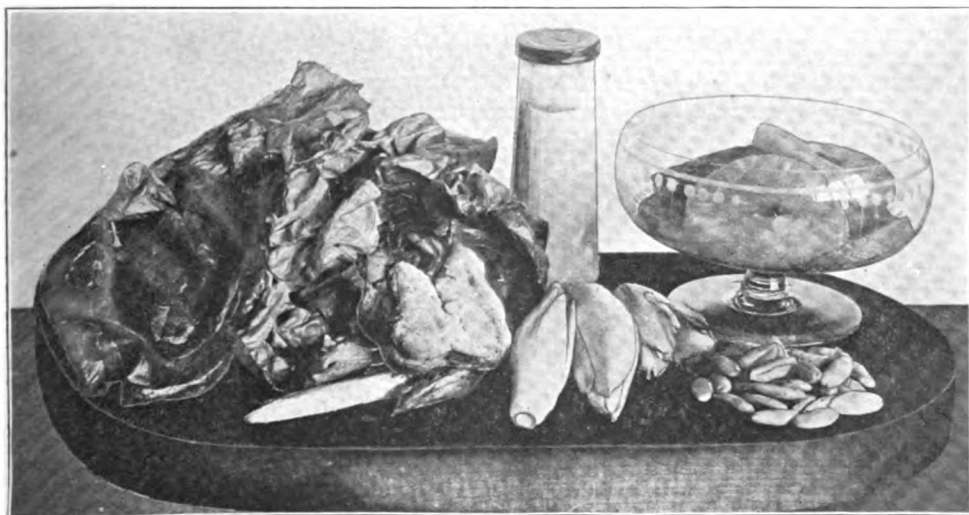
DANDELION SALAD

plants; arrange on salad plate and garnish with hard-cooked egg. Serve with French Salad Dressing. Do not pour any salad dressing over dandelions until just before eating as the tender leaves wilt badly on exposure and contact.

Primary Process in Making Brioche, Baba, etc.

Used in making brioche, baba, election cake, bread for tea, toast, etc.

Soften one yeast cake in the amount of liquid required for the baba, or the cake, bread, etc. To make a stiff dough stir in some of the flour required by the recipe. Knead until a light, puffy ball is formed; with a sharp knife score the top in two gashes at right angles with each other; drop into a small saucepan of warm water and let stand to rise in a



CHICKEN SALAD, SPRING STYLE

warm place. In twenty minutes it will be doubled in bulk and ready to beat into the mixture, ready mixed save for the ball of dough.

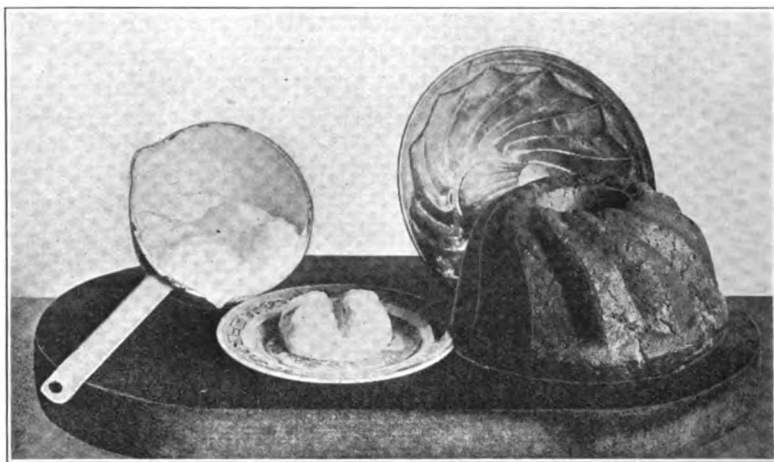
Company Strawberry Shortcake

Sift together four cups of flour, eight level teaspoonfuls of baking-powder, one teaspoonful of salt and four teaspoonfuls of sugar; work in one-half a cup of butter and add one cup and one-fourth of milk. Spread in three round layer-cake tins and bake twelve minutes in a hot oven. While still hot spread each layer with butter. Have already prepared two quarts of strawberries, cleaned and crushed with sugar; pour between layers; over all pile one cup of

chopped nuts, browned on a pan in the oven, over all, and serve on fresh strawberry leaves, arranged doily fashion on individual plates.

Pineapple-and-Banana Ice Cream

Make a soft custard of three cups of milk, three light-beaten eggs, and one-half a cup of sugar. Pare and grate one pineapple; peel and quickly press through a colander three or four bananas; mix the fruits, and mix with them one cup of sugar. It is better that these should stand for a couple of hours. When the custard is cool, put in the freezer and freeze until mushy; then add the fruit, mix, and continue the freezing until firm.



THE BALL OF DOUGH SCORED. THE FINISHED PRODUCT

cream, beaten stiff. Decorate with a few choice berries. This recipe provides for twelve portions.

Maple Sugared Strawberry Tarts

Cook one pound of maple sugar in a cup of water until the mixture threads. Add one pint of small, ripe strawberries, and cook for five minutes after boiling has recommenced. Lift out the berries and place in pastry shells, already baked; boil down the syrup to the soft-ball stage and pour over the berries for a glaze. Allow to cool; garnish each with a piping of heavy cream, stiff-whipped; scatter

Fig-and-Nut Macaroons

Beat into the stiff-beaten whites of three eggs one cup of sugar, one cup of fine-chopped nuts, and ten large figs, steamed and sifted. Lay waxed paper over a greased baking-dish; drop on it small spoonfuls of the mixture, and bake with quick heat at first, afterwards at a reduced temperature. Allow for the spreading of the mixture, but if it spreads too much, add more sugar.

Cocoa Fruit Cordial

Press three cups of strawberries through

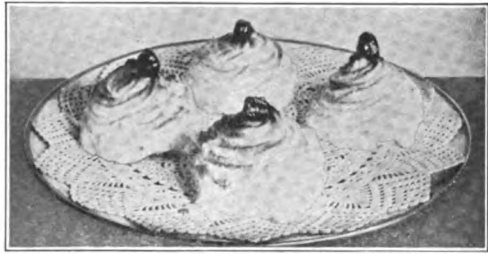
a colander, mix with one cup of sugar, and let stand from one to two hours. Cook one-half a cup of sugar in one cup of water with the grated yellow rind of one orange and one-half the grated yellow rind of one lemon. Add five tablespoonfuls of cocoa, blended to a paste with a little water, then add one pint and one-half of water, and cook until the whole boils. Add the sugared strawberries, strain the whole, and allow to cool; add the juice of two oranges and one lemon, and serve in tall glasses with shaved ice in the bottom.

Individual Baked Alaska

Cut slices of sponge cake into rounds two inches in diameter; arrange on a paper spread on a board. Place a ball of ice-cream on each round of cake and cover both cream and sides of cake with meringue, made of the whites of four eggs, beaten dry, and then beaten stiff with four rounding tablespoonfuls of granulated sugar, beaten in gradually. Put in a *very hot* oven for two or three minutes to brown the meringue. The board, paper, cake and meringue are poor conductors of heat, therefore the ice-cream does not melt.

Salad Rolls for Tea

Soften one yeast cake in one-fourth a cup of scalded and cooled milk; add to one cup of milk, scalded and cooled to lukewarm temperature. Beat the mixture until very smooth. Cover and let stand in a temperature of about 70° F. until

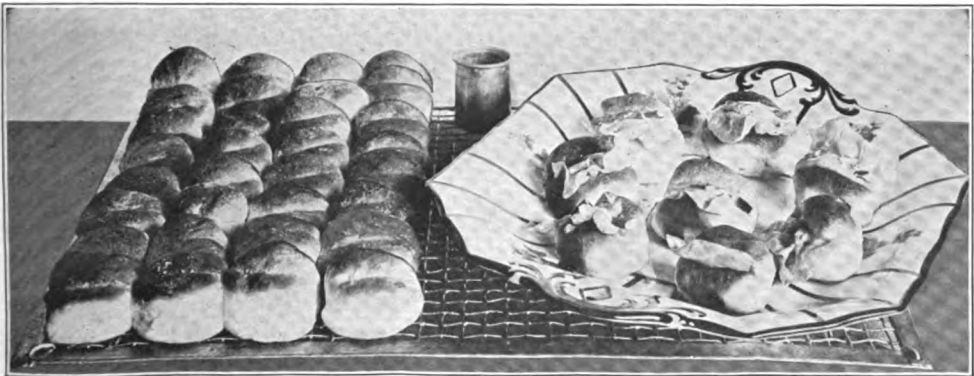


INDIVIDUAL BAKED ALASKA

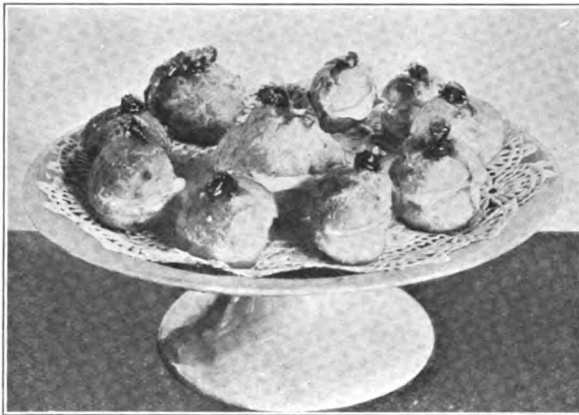
light and puffy, then add one-half a teaspoonful of salt, one tablespoonful of sugar, one-fourth a cup of shortening and flour to mix to a smooth dough. Turn on to a floured board and knead until elastic and the surface shows tiny blisters; cover close and let stand until doubled in bulk. Turn on to a lightly floured board, roll into a half-inch sheet with the rolling-pin, cut into rounds with a cutter one inch and one-fourth in diameter, brush over one-half of each round with melted butter and fold the other half over the buttered half. Set close together in a buttered pan. When again doubled in bulk, bake fifteen minutes. Open each roll, spread with butter and fill with lobster salad.

Five o' Clock Cream Cakes

Set one-fourth a cup of butter and one-half a cup of boiling water over the fire and when boiling begins add one-half a cup of flour and stir and cook until the mixture separates from the sides of the saucepan. Turn into a bowl; break



SALAD ROLLS FOR TEA



FIVE O'CLOCK CREAM CAKES

in one egg and beat in thoroughly; add another egg in the same manner. Drop the paste by the teaspoonful on to a buttered baking sheet. Bake about twenty minutes; when cold, open the cakes on one side and fill with a cream mixture made by beating firm one cup of cream and one-fourth a cup of sugar. Let the cream mixture show on the open side. Set a little bar-le-duc currant preserve on the top of each and sprinkle with chopped pistachio nuts.

May Festival Layer Cake and Icing

Cream one-half a cup of butter until light and white, then add gradually one cup of fine granulated sugar. Next add, one at a time, three eggs, beating each into the creamed butter and sugar, the

beating to be continued after all the eggs have been added, until the mixture is light and fluffy, and its consistency resembles that of whipped cream. This is the most important step. Measure two cups and one-half of sifted flour; sift again with one-half a teaspoonful of salt and two teaspoonfuls of baking powder. Add this by degrees to the creamed mixture, alternately, with one cup of milk, and bake in layer cake pans, first buttered and floured.

Icing for May Festival Cake

Soften one-fourth a cup of butter, mix with two tablespoonfuls of exceedingly strong coffee and one tablespoonful of dry cocoa. Work in one cup and one-half of confectioners' sugar, and, lastly, add whipped cream, very heavy, as much as the mixture will take up without becoming too "runny." One layer of the cake should be spread with sifted apricot preserve; the other layer placed on top, and the icing piled on this as high as possible. Decorate with candied violets and strips of angelica or small green comfits.

"Cakes are baked for the joyful occasion, the social gathering, the feast; they signalize an evolution of culture and are a measure of culture."



MAY FESTIVAL CAKE AND ICING

Seasonable Menus for Week in May

SUNDAY	Breakfast Cold Moulded Hominy with Strawberries and Cream Poached Eggs on Toast Watercress Coffee	Breakfast Fresh Strawberries Rolled Oats Top Milk Herring-and-Potato Hash Crusty Rolls Coffee	WEDNESDAY
	Dinner Beanpot Fricassée of Duckling Baked New Potatoes Asparagus with Green Peas Pineapple-and-Banana Ice Cream	Luncheon Delicate Veal Stewed Celery Tops Boiled Somp Sliced Oranges Sweet Crackers Tea or Milk	
	Supper Creamed Lobster in Chafing-Dish Hearts of Lettuce Russian Dressing Graham Bread and Butter Chocolate	Dinner Sirloin Steak with Mushrooms Steamed New Potatoes Cauliflower à l'Espagnol Grapefruit Pie Coffee	
MONDAY	Breakfast Steamed Prunes Malt Breakfast Food Top Milk Broiled Brook Trout Potatoes Corn Muffins Coffee	Breakfast Oranges Ralston's Wheat Food, Top Milk Pan-Broiled Meat Cakes Flapjacks with Maple Syrup Coffee	THURSDAY
	Luncheon Asparagus Purée Salad of Cream Cheese and Quince Jelly Raisin Bread and Butter Tea or Milk	Luncheon Corn Chowder Salad of Hard-Cooked Egg and Celery Fruit Tapioca Pudding Tea or Milk	
	Dinner Marinated Kidney Chops Mashed Potatoes Beet Greens Maple Sugared Strawberry Tarts Coffee	Dinner Brunswick Stew in Macaroni Border Creamed New Potatoes and Peas Hot Strawberry Shortcake Coffee	
TUESDAY	Breakfast Chopped Pineapple and Oranges Post Toasties Milk Broiled Kidneys and Bacon Potato Pancakes Coffee	Breakfast Blackheart Cherries Soft-Cooked Eggs Graham Bread with Raisins Coffee	FRIDAY
	Luncheon Tomato Omelet Steamed Rice Canned Pears Sponge Cake Tea or Milk	Luncheon Agra Dolce Salmon Cutlets Lamb's Lettuce with French Dressing Jellied Rhubarb Layer Cake Tea or Milk	
	Dinner Roast Leg of Veal Browned Potatoes Creamed Chives Raisin Pudding Jelly Sauce Coffee	Dinner Pickerel Farci with Horseradish Sauce Savory Potato Puffs Baked Tomatoes Harding Crumb Pie Coffee	
SATURDAY	Breakfast Gluten Grits with Chopped Figs Thin Cream Fritadella of Fish Wholewheat Gems Coffee	Luncheon Purée of Baked Beans Salad of Tomato and Cress Melange of Fresh Strawberries and Pineapple Drop Cakes Tea or Milk	Dinner Planked Ham Steaks Potatoes Boiled Spring Cabbage Cherry Pudding Coffee

Menus for Special Occasions in May

PORCH PARTY REFRESHMENTS FOR MAY

I

Country Club Sandwiches
Strawberries-and-Cream in Pastry Shells
Tea and Ladyfingers

II

Veal Timbales with Tomato Sauce
Lemon Pudding, Custard Sauce
Café au Lait
Boston Cookies

III

Artichokes à la Printanière
Sandwiches of Brown Bread, Chopped Eggs, Sweet Pickles
Spanish Chocolate
Saltines

IV

Turkish Pilaff, Hard Crackers
Strawberry Shortcakes, Individual
Grapejuice Cup (hot)

V

Tuna Fish and Celery Salad
Caramel Cup Custards
Cocoa Fruit Cordial
Fig-and-Nut Macaroons
Olives

FORMAL BREAKFASTS FOR CLUB ANNIVERSARIES

I

Grapefruit Carpels with Pineapple Juice
Lobster Croquettes
Parker House Rolls
Sliced Cucumbers
Spring Lamb Chops, Broiled
Stuffed Baked Potatoes
Olive Sauce
Wheat Muffins
Sliced Tomatoes
Strawberry Mousse
Toast
Sponge Fingers
Coffee

II

Cocktail of Mixed Fruits
Turbans of Sole
Hollandaise Sauce
French Rolls
Cress
Broiled Squab, Baked New Potatoes
Celery, Creamed Young Carrots
Graham Gems
Corn Cake
Frozen Fruit Salad
Water Crackers
Raised Waffles
Maple Syrup
Coffee

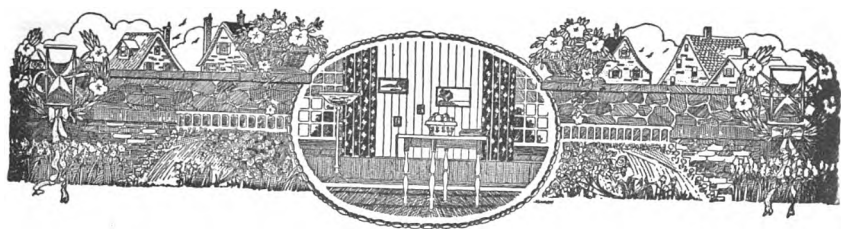
BUFFET REFRESHMENTS FOR MAY

I

Iced Cherry Soup
Bread Sticks
Chicken à la King in Timbale Cases
Vanderbilt Salad, Saltines
Jellied Strawberries, Whipped Cream
Tea, Coffee, or Chocolate

II

Cold Tongue with Watercress and Sliced Oranges
Fruit-and-Nut Salad
Bent Crackers
Nesselrode Pudding
Sliced Pound Cake
Coffee with Cream and Marshmallows



The Thrice-Daily Grind in the Kitchen

By Gilbert P. Chase

LIEUTENANT-COMMANDER UNITED STATES NAVY, RETIRED

THE ox-yoke, hanging close under the ceiling in the hardware store, reminds me how things have changed during my lifetime. Hardly a way of doing anything the same as when I was a boy. I leave it to the reader to make a mental survey of this changing world, running back half a century.

My childhood was spent in the country. There was no running water in the house, and no kitchen sink. The water for washing dishes had to be brought from the well and heated on the stove. The contents of the dishpan went out of the back door, or through the kitchen window. Except for the hot and cold running water, and the sink with drain, the gentle art of dish-washing, as practiced in my kitchen today, is the same as it was according to my earliest recollection of some forty-five years ago. We may ask, why has the process of dish-washing escaped the mechanical improvement of the age? It may be because this kind of work has mainly been done by women, and the education and training of women has been less, along mechanical lines, than that of men. Furthermore, the woman, who has to do all her housework, has little opportunity to think of improvement; and the woman who is able to employ one or more domestics has too many other things to take up her time. As to the domestic, who has to give the entire day to work of one kind or another in the house, it matters little whether she spends one or two hours washing the dishes. I do not claim that the foregoing is a mathematical demonstration

of the proposition, but it seems to account fairly well for the existing condition.

For a time, during the World War, I was in command of the Receiving Ship at New Orleans. The messmen washed the dishes in large troughs filled with hot water. The mess gear was not always as clean as I liked to see it. Often, when I looked over the mess tables at irregular times, I found a very light coating of grease on knives and forks or plates and bowls. The petty officer in charge of the mess hall tried to put it over that this condition was caused by the dampness in the climate, that the mess gear was washed clean, but it looked greasy after being on the table for a while. I felt convinced that hot water and soap had as much to do with the case as the climate. Although I was as willing as anybody to blame anything and everything on the climate of New Orleans, I wanted to be fair to all parties concerned. My opinion was confirmed at the formal weekly inspection of the commanding officer, on Saturday morning, when I invariably found the mess gear up to standard, regardless of atmospheric conditions.

One of my varied duties was to make a test and report on the performance and efficiency of a dish-washing machine, sent to the Receiving Ship from the Supply Department. I appointed a board of officers to make the test and report. The attitude of the old-time Chief Petty Officers in the mess hall probably had something to do with the unfavorable report of the young officers, as the result of the first trial trip. A representative

of the manufacturing company came to see me about it. The first thing to develop was that the machine had been connected up to cold water, instead of to hot water. When the proper connections had been made, a test was made in my presence. The performance was entirely satisfactory. Even the old chiefs were convinced that there had been found a better way to do it than what they had been brought up on. The unclean dishes were collected in racks, or metal baskets, designed to hold the various articles of the navy standard mess gear. The racks were put on the endless track and run through the machine. The dishes came out clean. The outstanding features of the process, as compared to hand washing, were:

1. The dishes could be put through water much hotter than the hands could stand.
2. The chemical action of hot water and steam on grease, cutting it right off, even without soap or alkali of any kind.
3. The temperature, at which the dishes came out of the machine, being so hot that the water evaporated from them, requiring no drying with a cloth.

I have never seen, or worked with, any

kind of dish-washing machine in the household, except the pan and mop. Whenever I take a hand at it, I put them first through a hot suds, using a mop and a rag in the other hand to fish them out of the water that is too hot to put the hand into. Then I rinse them in clear, hot water, pushing them up with the mop, and flipping them on to the drain-board with insulated fingers. In this way I make as much use as possible with the means at hand of the chemical and physical action of the hot water.

Now, it seems to me that a mechanical arrangement could find its place in the home kitchen. I do not believe the desired results would be obtained from a cheap, flimsy, commercial article to be set up in any kind of a kitchen. The machine must be of substantial design, properly connected, with suitable drains and drip-boards. For pots and kettles, a cauldron, properly connected up, should be provided. Into this hot, alkaline bath they would go as soon as finished with.

The kitchen is a workshop, a kind of chemical factory, and it should be fitted up accordingly. No work is more unceasing, more inexorable than that of the kitchen. Every effort should be made to lessen the human energy expended in the thrice-daily grind.

Rearranging the House for Summer

By Elisabeth X. Simmonds

THOSE of us who have been through the storm and stress of removal, from one abode to another, have often been conscious, at the conclusion of our tribulations, of a curious sense of rejuvenescence and elation, as if by the process of transplantation we had become possessed of a new lease on life. The truth of the matter lies, of course, in the mental stimulus afforded by fresh surroundings, and by the impetus given to our activities, both physical and intellectual, by the uproot-

ing. Though the process, however beneficial, is not one which we would care to repeat at too frequent intervals, yet something of the same salutary influence may be secured by means of the rearrangement of our house to meet the advent of summer. It is well that our home should now wear a different aspect from that which it assumes in winter, so that our jaded appreciation of our household gods may be spurred into vitality, and our eyes be refreshed by surroundings somewhat different from those on which

they have rested during the past half year.

For example, there is much to be said for a half-yearly readjustment of the various living rooms. The sitting room, with the southern aspect, that makes so pleasant a living room in the winter, being, for instance, relegated to other purposes, while that with a northerly situation, usually reserved for the mere purposes of a dining room, may be taken into general use during the summer.

In cases in which this would be impractical, much may be done to confer a new aspect on one's rooms, by means of a rearrangement of the furniture. The disposal of the table in proximity to the window, where a view of the garden, or even of the sky, if there be no trees or flowers to make beautiful the prospect, may be enjoyed, and the arrangement of easy chairs, in places other than those adjacent to the fireside, may go far toward effecting the transformation, which is to be still further developed with the aid of our summer curtains and covers.

Regarding the latter accessories, it is well to remember that, whereas the winter fabrics may well indulge in the formality of stripes, and the angularity of geometrical patternings, the natural flower forms are far more suitable to our summer needs, and that we should accentuate the difference in the aspects worn by our rooms during the two seasons, by affecting none but designs based on these lines for our warm-weather hangings. Again, the fewer the ornaments and general trappings of our rooms in the summer, the better. We shall help to bring into prominence their new aspects by banishing all that is any way superfluous. Bareness makes for coolness, and we shall appreciate all the beauty of our pictures, draperies and purely decorative adjuncts if we deny ourselves the sight of them until winter once more bids us bring them forth.

This is the time of year when we are wont, if we happen to live out of town, to consider the question of our summer

visitors, and the preparation of the room, which is to welcome them. But, strangely enough, even the most hospitable of hostesses is apt to go woefully astray in regard to the latter's equipment, and it is by no means an uncommon thing to find that the room allotted to the guest is one of the least truly comfortable in the whole household. In most families the temptation to relegate to this apartment all the articles of furniture, and the ornaments, rejected from other apartments appears to be irresistible, while it is no uncommon experience to find, on taking occupation of it, that nearly the whole of the wardrobe, and most of the chest of drawers, are already filled with other people's garments. Thoughtlessness, rather than neglect, lies at the root of this somewhat boorish treatment, yet an entire visit may be marred by this solecism.

The guest-chamber should be the most cheerful in the house, obviously planned to secure the well-being of the visitor, and sufficiently attractive even to lure her, at times, to enter upon that hour or two's seclusion, which proves so soothing to the nerves, both of entertainer and entertained. A comfortable couch, on which she may, occasionally, take her repose, a small writing table, at which she may carry out her correspondence, undisturbed by the rest of the household, a tiny spirit-stove, and all the impedimenta for a cup of tea at unwonted hours, and above all, plenty of accommodation for her hats and gowns.

There is no need for costly hangings in the spare room, but let the curtains be cheerful in character, some gay, fresh muslin (yellow for choice, since it is a light, reflecting color), not the discarded trappings from another room. And do not forget a shelf or two of well-selected books, lest your guest may fail to woo sleep in her strange surroundings; and remember that an electric light, placed above her bed, will add considerably to her comfort. See to it that your visitor's couch is either liberally provided with

blankets, or that an extra pair is stowed away in some receptacle, ready to her hand.

A few precautions of this sort will insure your guest's comfort, and there will be a sigh, not of relief, but of regret, on the part of the visitor, when the time arrives for departure.

Let the summer room rely, for its loveliness, more on its wealth of blossoms, its growing plants, and its sense of spaciousness, than on the richness of its detail, and the lavishness of its decoration. Cool stuffs, such as a linen runner of spring-like green for the table, and

covers of fresh muslins, in place of the brocades, the banishment of the upholstered chair, in favor of the wicker chair, all these minor details may work wonders in the transformation.

The change may imply a certain preliminary inconvenience, it may mean a little difficult organization on the part of the house-wife; and something of an upheaval for the conservative members of the family, but the refreshment of mind, and the psychological influence, which it brings in its train, will surely justify it later on.

Maryland Suppers

By A. Borden Stevens

AT the church on the hill they specialize in suppers. The committees are as dusky as the blackboard upon which they write their invitations.

"Pretty good, Brother Johnson, isn't it?" comments the scribe, and Brother Johnson, who belongs to a generation who cannot read, says, "Fine, Deaconess Waters, fine!" And so it is, until dark comes, when the trees within the gate throw dim shadows over it until it is invisible. After that, only the initiated may find their way into the room where the suppers are held.

There is the best of service, for the servers are all trained to their work. To get their help, the suppers are always held on Thursday nights, when cooks and waitresses are off duty, and their abandoned households are looking toward an easy way to make sure of their night meal.

The "chairlady" has a busy time. It is she who makes out the menu, and sees that the many suppers sent out do not go in the few and important church dishes. She carefully superintends the filling of the plates, and upon her disposition depends the size of the piece of chicken,

or the number of oysters to a serving. Her own clientele comes to eat at a special table presided over by Herself, personally. She seems vested with a new dignity, and the compliments of the day are passed, as though hurried orders in the home kitchen had not taken irritable form only a short time ago.

The pastor, himself, capable, alert, helps with the coats and wraps, says words of greeting, gives the jolly farewell that heartens the white folks to come again. There is charm in the dignity and sweetness of the elderly women in charge, as well as in the smart, up-to-date tastefulness and style of the girls who trot to and fro with dishes or tickets.

Maryland suppers these are called, chicken or oyster, as may be. The blackboard reads:

Maryland Supper.

Fried Chicken.

Chicken Pie.

Dinner from 5 to 10.

Supper 60 cents.

Dinner or supper, the word Maryland has a power of attraction, which experience, as well as tradition, increases with each adventure. The wizard cooks, among these one-time visitors from the

South, are ready to conjure with our poorer materials.

"Sweet potatoes that is sweet potatoes, not yams. Nobody eats pumpkins 'cept ho-orgs! Now *southern* meal! can't do nothin' with this coarse stuff."

Such chicken, such oysters as they left behind in the home land! Indeed, we are willing to give them the palm when we have tried one or the other freshly imported for some grand occasion.

Certain combinations are always to be counted upon. If there are fried oysters, there are also French fried potatoes and coleslaw. On oyster night you may order chicken salad, if you prefer. That you may be well saladed, potato salad is served with it. Rolls are always of the best, whether the tiny Maryland biscuit, or "boughten" ones, freshened in the oven. There is coffee that is coffee, whatever may be said of the cream, which usually comes out of a can. As a concession to falling prices, pie goes with the supper. Pie with the flakiest crust, browned to a turn; not hurriedly baked between more important affairs, but watched, as a work of art, to be brought to just such a golden brown before being offered to the public.

It is the sign, "Maryland Chicken Supper," that brings out the largest numbers. One willingly pays the price of a whole chicken for the sake of giving the family such a treat. No fowl, cooked at home, ever has the perfection of this dish, prepared in true Maryland style.

"Fowl? I don't know what you-all mean, fowl," the cook says. "In Maryland we have young chicken and old chicken — we don't have fowl; what kind of a name is that!"

Fried chicken is the preferred dish. Brown gravy springs from nowhere to grace the mashed potato; peas are the side dish, that complete the meal. Hot rolls and coffee, that will insure a wide-

awake evening, leave us indifferent to the monotony of the dessert, which is the same tonight as upon oyster nights. Ice cream and cake can be had for an extra toll.

Look pityingly on those who choose chicken pie; but not too pityingly, for there are few chicken pies so perfectly seasoned with simple salt and pepper, or that have a more tempting crust. The sigh, after the chicken supper, is for the limit of appetite, which makes it necessary that something shall be denied.

There is a quality about the courtesy shown the visiting white folks, the dignified service, the cordial words of the chair-lady, who thanks us for our patronage, hoping we will come again, a quality to make us pause and ask just what we have done to deserve such kindly treatment at the hands of those who serve us. Here is a reserve and consistency, a cordiality without familiarity, which we might profitably imitate.

Analyzing the moment, trying to find its charm, we are driven to decide that it is all a question of seasoning, the spice of goodwill and simplicity, as well as of salt. We may produce, in our homes, the same viands, cooked as well and served as tastefully, but there is no cook like the southern cook when she feels free to follow her instinct. She prepares her dishes with a dash here, a pinch there, helter skelter, as it seems, but with a result that brings out the best flavor of the food, while preserving the secret of the perfect blend. Nor can she tell us how it is done.

Because of this we watch for the black-board in the front of the little church on the hill, and when it is there we peer through the growing dusk at its invitation, and prowl through the winding turns that lead to the brilliantly lighted room, where another world has opened its doors for a moment, cordially.



Neutral Grounds

By Julia W. Wolfe

WITH regard to the use of neutral colors, in decoration, there has been a great deal of positive assertion and much, on the other hand, of positive denial.

It was Owen Jones — away back in England — who preached the doctrine of bright primaries in small quantities. The school that succeeded him advocated secondary or tertiary tints. Both, however, agreed in one thing — that color must be broken. The question is, how shall this be effected, and it really matters little whether harmony be obtained by the use of vivid colors, in infinitesimal touches, or of more sober shades, in larger masses. The difference of the two methods is, practically, that between the manner of the water-color painter, who “washes in” a clear, pure graduation of tint, and of one who produces a similar effect by hatching and stippling. It may be conceded that the one process best adapts itself to one kind of effect, and the other to another. Each artist adopts, naturally, that which he conceives to be most appropriate to his individual practice. He gives the preference to the one he feels he can manage; it is to a great extent a matter of temperament, rather than of choice with him. So long as the actual tints are pure without crudity, and sober without sombreness, no colorist will quarrel with him on the score of the methods he adopts. There is one good reason, at least, why the use of low tones should be popularly advocated, and that is, the absence of a cultivated color-sense among us. Rules are obviously laid down for those who have yet to learn. The accomplished artist is a law unto himself. He delights in doing just what some authority has declared cannot be done. But, for the student, and still more for the amateur, who has never studied, some indication of the path is necessary. How uncommon the culti-

vated sense of color is, even among cultivated people, and how necessary, therefore, some safe rule of conduct is, may be inferred from the readiness with which the terms “broken color,” and “low toned” are misunderstood to mean dull or dirty color. Men mistake the abhorrence of crudity for the preference for dinginess. They see no difference between rich and raw color, and between bright and glaring. They recognize no color unless it is positive, and when they would affect fashionable æstheticism, they think they have only to go contrary to their own natural preference, and adopt what they have, hitherto, held to be ugly, in order to be in perfect taste. They spread before you, with exultation, some hideously dull and dirty novelty, and when you fail to admire they exclaim: “Why, I thought you liked the new shades of color,” as if it were a question of new and old; as if there were no medium between a cruel glare and total darkness; as if one could not love the light without enjoying a flash of lightning.

Now, for those who have yet to learn what color is (and there are many), the use of subdued tints offers the only hope of safety. It may be very possible for them, even then, to arrange those tints without taste, and to lapse into heavy, uninteresting, and even unpleasant combinations of color — even into combinations that cannot be called color at all, but at least they are protected from the more glaring and offensive mistakes to which bright colors tempt the unwary. Most persons might, with a little trouble, be drilled into the observance of laws of taste, so long as they confined themselves, within the limited range of subdued colors; but unless a man has an eye for color, the education of a lifetime will not teach him to play with pure colors with impunity.

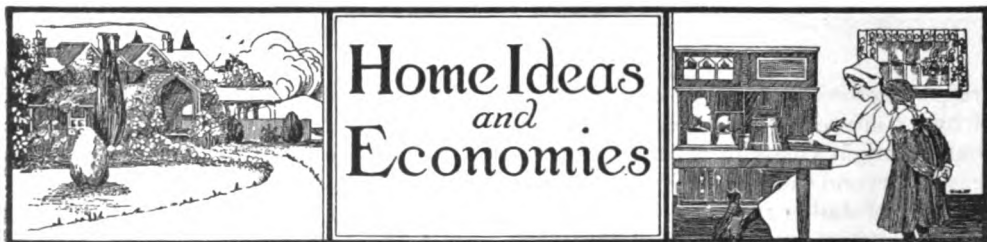
With regard to decoration, again, there

are still reasons for the frequent adoption of broad masses of low-toned tint rather than of bright colors in small quantities; reasons beyond the consideration, because the laws of design from the outside, who inevitably leave out of account the due balance between use and beauty in design, not the least knowing what is, and what is not, practical. A painter may please himself, whether he choose to stipple, or wash-in, a tint. The case is very different in decorative art. The element of cost comes here at once into prominent consideration. Every manufacture has its very narrow limitations. Nearly every one of them restrains the artist to a choice of colors, and often there is even further constraint as to the arrangement of them. The critic may, in his ignorance, with impunity, ignore the trifling consideration, as to the number of "cards" and "shuttles," "printings," "time," and "wages," because the public know, if possible, still less about these things, but to the manufacturer, the paper-hanger, and the decorator, they are matters of every importance; and these considerations determine mainly whether a design shall be produced or not. If the execution of it involves cost that is not likely to be repaid with interest, it stands small chance of being carried out. It amounts to this, that in effect the conditions of manufacture are imperative, and one condition is that the number of colors introduced into a design shall be reduced to a minimum. This being so, it is practically impossible to break up color by anything analogous to the stippling process in water color. A red, for instance, must be of one even red; it cannot be modified by dots and hatchings of all other shades of red, of yellow, of orange, of purple, and of gray, and it, therefore, becomes essential that, unless we adopt the Moresque principle altogether, and use no broad masses of color at all, we must, in proportion to the quantity of any one color, reduce its quality of brightness. The more vivid colors may, to some extent,

be introduced in certain textile fabrics, such as silk, velvet, where the pile of the material, according to the light that falls on it, causes it to assume a variety of its own, which is just what is wanted. Wall papers are printed in distemper color, which is quite opaque, and it is practically impossible to get, in printing with this medium, any of those effects which depend upon transparency. Certain colors, in particular, are most difficult to get; a good quality of blue is a triumph.

It follows, from what we have said, that the use of bright color in decoration is both difficult and dangerous, and that it must be sparingly introduced, while the adoption of a lower key of color serves, in great measure, to solve the popular difficulty, and makes repose possible in the ordinary room. You remember Ruskin once said that the test of color was whether it could easily be put into words. Certain it is, that a tint, which you can positively pronounce to be red, blue, or yellow, without a qualifying adjective, is in danger of being unbearably red, blue, or yellow; while, the indefinite tints of spring buds, autumn leaves, distant hills, and sunset skies, are almost invariably as beautiful as they are subtle.

Our American preference for clean, smooth, equal surfaces further imposes on us the necessity of restraint in the use of bright colors, for the cleaner, the smoother, the more equal it is, the less endurable is anything approaching to crudity. It is when they have been soiled by use, mellowed by age, that bright draperies, and the like, are most beautiful. But the pace at which we live will not allow us to wait for the effects of age; the modern idea is that as soon as ever time begins to tell upon a room, or gown, it is shabby, and must be renewed. Emphatically, as long as the love of newness flourishes, as long as we are ashamed of the evidence of wear and tear in our belongings, we must, if we would escape vulgarity, adopt a low key of color in our decorations.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates

Your Neighbors' Recipes

"**M**OTHER," came from Hilda, age fourteen, as she sat among my best pillows on my best couch, "mother, what am I going to have for lunch tomorrow?"

"Why, I don't know, I had planned to give you ham."

"Oh ham! Ham is so commonplace. My English teacher said things that are commonplace are trite, and I think ham is trite."

I did not say anything, for I knew that lunches become tiresome. Down in my heart I wished for something new for Hilda's lunch.

"Mother," came again, as Hilda looked up from her book, "you know Rose Levy, she had the best stuff today. She gave us all a bite, and, honest, it was delicious. She promised she would find out, from her mother, how it was made and tell me tomorrow. Will you fix it for my lunch some day?"

"Certainly, I will."

Hilda went back to her book, and I to my sewing.

The next day Hilda came flying in. "I have it, mamma."

"Have what?"

"The recipe from Rose, and mother, just think, it's only liver. Why, liver is triter than ham, isn't it, and yet it was so good. It's done like this. Take one pound of liver and boil until tender. Remove all the veins and trimmings. Then chop it fine, or put it through the meat grinder. Add an onion, chopped very fine. Add salt. Moisten the whole with goose fat or chicken fat, which had previously been clarified."

I tried it, and found that it was all Hilda said it would be. Since then I have added pickled cauliflower, celery, and mayonnaise dressing. I have often served it as a salad and sprinkled grated egg-yolks on top.

The liver incident seemed to give Hilda a start. A few days later Hilda again rushed in with, "Mother, O mother, where are you?" and I knew that something was on its wing.

"Here I am," I called from upstairs. Hilda came up two steps at a time, a thing, which I had explained to her a hundred times, was not good for her health. I was just beginning, for the hundred and first time, when she interrupted with, "Now, I know that I ought not to jump up those steps, but I was in a hurry, and I wanted to tell you something nice. Alfreda Mullenhauer has asked me over to her house for dinner tomorrow. She is waiting downstairs for the answer."

"Of course you can go," I replied. I really did not see why I should object. Hilda literally flew out, and I could hear her shout to Alfreda, before she ever touched the front porch, "Yes, mother said yes."

Hilda came back more quietly, but none too quiet. "Mother," she said, soberly, "do you think they will have frankfurters and sauerkraut? I can't think of Germans having anything else."

I was sorry she was so ignorant, and knew so little about people of other nationalities. I was glad she was going to dinner to Alfreda's house.

The Mullenhauers had brought Hilda home after I had gone to bed. I could hear the "good-nights" and "thank you,

"I had such a lovely dinner." I heard the car drive away, and Hilda open the door. I knew she would come to my room.

"Mother, it was beautiful. We didn't have sauerkraut or frankfurters, either. We had lovely roast and potatoes, and soup, and fish, and the most wonderful coffee and cake. Oh, the cake was delicious. But, the best, mother, was this," and Hilda produced a paper. "I made Mrs. Mullenhauer write it for me."

"Separate the leaves from a head of cabbage. Allow them to remain covered in hot water until tender. Shave away some of the heavy stalk at the end of the cabbage leaf. Fill leaves with a mixture of two cups of cooked rice, one-third a box of raisins, and sugar and salt to taste. Roll leaves tight, so that no rice can escape. Pin down the flap with a toothpick. In a shallow pan, half cover the cabbage leaves with water and boil until tender. Add one-half a cup of molasses, or syrup, one tablespoonful of butter, two to three tablespoonfuls of vinegar, or a few grains of citric acid, to taste. Place in an oven and baste constantly until brown."

"This," said Hilda, "was the best part of the meal. And mother," she added, "I think we can learn just lots from our neighbors. There is a lovely Japanese girl in my school, and I am going to go with her and learn about their goodies."

I smiled as I went to sleep. Hilda will not be narrow. She will appreciate other nations. I have encouraged her in her "recipe hunting," as she calls it. She is becoming a connoisseur and some day, when she cooks for some one, she will realize that there are so many hundreds of things to cook, that one need never have a trite meal. And for myself, she has helped me to bring the Orient and the Occident to one table. D. C.

* * *

Discovering Our Neighbors

JUST as I was putting a roast into the oven, in preparation for our evening meal, the telephone rang.

"Hello," came the voice of my neighbor on the south. "Have you planned your dessert for this evening, or might I send you a part of the cottage pudding and vanilla sauce we're going to have?"

I hadn't, and she might.

Cottage pudding with vanilla sauce! It sounded good. And no planning or preparation for me. And then, like a flash, came the thought — Perhaps Mrs. Neighbor, on the south, hadn't put in her meat order. I knew that she often went to the corner grocery store toward evening.

A telephone query brought the information that she hadn't, and that a piece of roast beef, with no planning and no preparation on her part, would be most acceptable — "like getting money from home," she said, wittily.

This little exchange of neighborly courtesies was followed by a series of experiments. In our family the meat problem is always a troublesome one. We enjoy a beef roast, a leg of lamb, veal loaf, baked ham, roast pork, and the like, but as we are light meat eaters, even the smallest portion one can prepare lasts an interminable time. Discovery that my neighbor on the south had the same difficulty brought the suggestion that one of us buy and prepare for the two families, from time to time, "taking turns." The plan has worked beautifully. Instead of having roast meat until we are tired of it, and then throwing a part of it away, we enjoy our meat dishes, and also save money on the food allowance, for there is no waste.

Every now and then there comes, across the way, half a cake, a pie, a jello dessert, a salad. Even potatoes, and other vegetables, sometimes are shared, always with an effort to cut down the work of the other, and a conscientious desire to see that neither housewife has an extra burden from the "sharing."

As our children are nearly of the same age, we have found that meat and vegetable broths, and custards, may as well be prepared for the two, as for one.

Not only has the plan eliminated a deal of work and waste, for both of us, but what is even better, it has shown us that neighbors, who co-operate, bring satisfaction which cannot be measured in labor-saving and money-saving alone.

B. G. S.

* * *

To Bake a Picnic Ham

DID you ever cook a picnic ham in this way? If you do it once, you'll do it often.

Buy an ordinary smoked shoulder, called a picnic ham. Soak it over night in cold water, then put it in fresh water, and boil till nearly tender. Let cool in the water it is boiled in. Then take it out and roll it in a mixture of bread crumbs and brown sugar, and stick whole cloves into it. Bake it in a dripping pan or roaster, with a little water on the bottom, and baste often with the sweet vinegar that is drained from watermelon pickles.

Sweet potatoes, boiled partly, and finished in the pan with the ham, are delicious.

Baked Ham and Potatoes

Take a slice of ham three-quarters of an inch thick, or even thicker. Lay on the bottom of a pan. Slice potatoes to cover the meat, with a sprinkling of sliced onions. Pour over them a can of good tomato soup, with an equal quantity of water. Cover, and bake about an hour, removing cover to brown. Milk may be used to pour over, instead of tomato soup. This makes a different dish, but is very nice.

Gingerbread

This recipe has been in the family for many years, and is a great favorite.

One-half a cup of sugar, one-half a cup of molasses, one cup and one-half of flour, one egg, one teaspoonful ginger, one teaspoonful soda, one-half a cup of butter, or other shortening, filled up with boiling water. Stir all together at once, not even

beating egg separately. Bake in slow oven. Excellent served with whipped cream.

M. R. M.

* * *

Canning Beef

STERILIZE jars. Put one teaspoonful of salt in each sealer, and pack with raw meat, which has been sliced or cut in small pieces. Allow sufficient room for the top to fit on perfectly; turn top on tight, then turn it back half way. Place the jars in the boiler in warm water, and boil six hours. Remove jars from boiler and tighten tops. As the jars cool give the tops a final turn. Be sure to use new rubber rings, as one jar of spoiled beef would buy all the necessary rings. I usually use the poorest meat for canning, as there is practically no difference when the meat is canned.

Beef, pork or chicken canned in the manner described above will be found delicious, served either hot or cold, but the following method is good for serving hot: Cook an extra large roast for dinner, and make plenty of brown gravy. After dinner, slice the remaining meat into jars and cover with gravy. Allow to boil about an hour, or even several hours. This is rather a convenient method, as you can wrap the jars in a cloth, and put them in a kettle between meals. There will be not more than two sealers full, and they can easily be boiled between dinner and supper.

L. E. C.

* * *

Surprise Plate Lunches

WHETHER a noon lunch is served or a simple supper, there exists, in the average household, the question of what to do with left-overs when there isn't enough of any one dish to go around. I have found a delightful solution — as much fun for the mother or housekeeper as for the children. I serve plate lunches in the kitchen, all warm dishes being served directly from the stove on heated plates. If Mary likes creamed potatoes best, that is her allotment, with, perhaps,

a poached egg on toast. Jimmie may have the left-over beef in gravy as a hot beef sandwich and Alice the macaroni and tomatoes. These plates are carried into the dining-room on a tray. Bread and butter sandwiches are passed, and there is always a simple fruit dessert.

To facilitate serving and save on dishes, I put the left-over food right into the dishes in which they are to be warmed up. This is done immediately after dinner. I always use small covered enamel or aluminum dishes.

A great amount of food is conserved in this way, and there is always the element of surprise for the children. Interest and zest are good appetizers, as every mother knows. M. H. C.

* * *

Country Cake

For a woman on the farm, where cream is more plentiful than it is in the city, this easily made cake is very satisfactory.

1 cup cream
1 cup sugar
2 eggs
1½ cups flour
2 level teaspoonfuls baking powder
½ teaspoonful salt
½ teaspoonful nutmeg

Mix all together in order given, in one bowl, eggs unbeaten, and stir well. Pour into pan with tube in center and bake about one hour in moderate oven. Sugar may be sprinkled over the top before placing in oven, and the recipe may be varied by adding chopped nuts or chopped dates or raisins and currants.

If sour cream is used instead of fresh, use one level teaspoonful soda instead of baking powder. S. C. F.

* * *

Cleaning the Syrup Pitcher

HAVE you ever had a syrup pitcher in which a little left-over syrup had crystallized and had become so hard that you had difficulty in removing it? Next time this happens just invert the pitcher in a pan of water, being careful that the mouth isn't entirely submerged, so that

the steam can rise freely inside the pitcher. Leave over a fire a few minutes and the hardened cake will drop from the bottom of the pitcher.

Poaching Eggs

Poaching eggs perfectly, like all other operations of cookery, requires the practice of a skilled hand. If you're a novice at poaching, watch the following points: First, break the egg in a sauce dish, not a saucer. The higher sides of the former will pile up the white of the egg around the yolk and prevent the possibility of it spreading over a wide surface and drawing upon and breaking the less plastic covering of the yolk. Next, lower the egg slowly into the boiling water. The higher temperature of the water near the surface will quickly harden the outside of the albumen and when the egg then drops to the bottom of the dish the lower temperature there will slowly coagulate and cook perfectly the rest of the egg.

If you have added a half-teaspoonful of salt to the water before putting in the egg, the egg will not stick to the dish and you can easily remove it with a tablespoon without breaking the yolk. Eggs for convalescents should be poached in milk. F. C.

* * *

An Average Man's Concept of a Happy Home

Meals always on time (Golf Standard).

No maid (expensive nuisances).

No complaints about work or wash. (Hadn't he generously treated the family to an expensive washing machine?)

No company except of his own asking.

Daughters too young to have beaux and late hours.

Daughters of mother-made-clothing age.

Sons old enough to cut the grass, caddy and clean the car, (especially caddy).

Neither house nor personal allowances ever exceeded by any member of the family (except himself).

And last, but by no means least, a family trained to get sleepy early on nights before golf matches. E. M. G.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. Address queries to Janet M. Hill, Editor, *AMERICAN COOKERY*, 221 Columbus Ave., Boston, Mass.

QUERY No. 4286 — "Will you let me have a recipe for Marrons Glacé? Can you tell me whether it is possible to flavor Apple Jelly with fresh mint leaves, or whether oil of peppermint has to be used? Are fresh poultry, ducks, geese, chickens, guinea fowl, etc., as good after they have been frozen?"

Marrons Glacé

FOR these it is necessary to use the big French or Spanish chestnuts. First drop them into boiling water until the outer brown skin can be removed; then let boil until tender, but not soft, and remove the inner woolly skin, taking care to break as little as possible. Have ready a syrup made of a pound of granulated sugar and one cup of water, cooked until the sugar is dissolved; put the peeled nuts into this and let cook slowly until clear. Lift out, and put the nuts on a wire cake-cooler or a flat-bottomed strainer, in a warm, dry place, until next day. A plate-warmer, the warming-oven of the range, a radiator or register that is not too hot, will be found good places. The next and last step is the candying, and this is the most difficult part for the beginner.

Each nut, mounted on a wooden toothpick, is dipped into the following syrup; Boil a pound of sugar in half its volume of water to what is technically called the "feather." This means the stage indicated by a temperature of 232° Fah., which may be told in the absence of a sugar thermometer by the following signs:

Dip a silver fork into the syrup, let it run off the ends of the tines, then blow hard against the tines. If balls like miniature soap-bubbles form, break as they leave the fork, run into one another, and drop on the table or plate in a form somewhat like a feather, the right stage is arrived at, and the syrup should, without the delay of a moment, be removed from the fire; two tablespoonfuls of lemon juice should be added, and then with a small wooden spoon the mixture should be worked against the sides of the saucepan until it is slightly white or grayish, and very slightly grainy. Exactly to reach this point, and to stop there, is the difficulty, for one more stroke of the spoon will cause sugaring. At the right stage the syrup is called opalized or half-grained, and when the marrons are dipped into it, giving as thin a coat as possible, they should be equal to the best French brands.

Mint Flavored Apple Jelly

Our friends tell us it is impossible to flavor jelly with mint by boiling a sprig of the fresh mint with the fruit juice. They add a few drops of oil of peppermint, and put a small sprig of mint in each glass "for the looks of it." We confess the same to have been our own practice, yet, since the oil is extracted from the green leaves, it should be possible to flavor the jelly with these, if enough were used,

and the leaves were well bruised or crushed on adding them to the boiling juice. We will try this way during the summer. Perhaps if any of our readers have used the fresh mint successfully, they will be kind enough to let us know.

Result of Freezing Poultry

Poultry and meats of all kinds are made much more tender by freezing, but we have found them invariably to lose in flavor. Such meats need a high degree of heat in cooking, to enhance what flavor remains, and they, also, should be served with sapid accompaniments of gravies or dressings.

QUERY No. 4287. — "My Cornstarch Pudding never gets stiff enough to turn out of the mould, though I follow the recipe exactly. It calls for two tablespoonfuls of cornstarch to a pint of milk."

A Question of Measurement

It seems to us that your recipe must be one of the old-housekeeper kind, in which all dry ingredients were measured either rounded or heaping. Two level tablespoonfuls of cornstarch will not stiffen a mould, you will need at least twice that amount, and perhaps more, depending on the extent to which the tablespoonfuls of the recipe were rounded or heaped.

QUERY No. 4288. — "Please tell me how to make a Southern Barbecue, and what should accompany it? Also tell me just what is meant by the buffet style of serving?"

Southern Barbecue

A barbecue means the roasting of an animal whole, over a clear fire, out-of-doors. Thus the roasted ox which used to mark the feast given at the coming-of-age of an heir to landed estates in England was often a barbecue. Since the larger the animal the more difficult it is to cook properly, a lamb or kid, a young veal or deer, is most commonly used for the barbecue in this country. As we have seen it done, a trench is dug and filled with hardwood, and this is heaped up and kept replenished until the trench is nearly

full of clear, glowing coals. Bars are then stretched across, and the animal, cleaned and cut in halves lengthwise, is laid across and broiled. As in broiling, the temperature is, at first, very hot and then reduced, so the high initial heat of the coals gradually reduces itself, and if the meat is kept turned it will be perfectly cooked before the fire is out. At the open-air picnics where we have seen meat barbecued, roasted corn or potatoes, or cooked vegetables of any kind, were served, or fresh tomatoes and lettuce. The whole thing is very informal, and nothing is specifically prescribed for an accompaniment.

The Buffet Style of Serving

In the buffet style of serving a luncheon, or informal refreshments of any kind, the guests are served from a long table or buffet, where they receive portions of the dishes on plates, with the appropriate forks or spoons, and they return to their seats to eat. Sometimes, the refreshments are passed to the seated guests, and there is usually an attendant to collect and remove the used plates, etc. We have seen luncheons of several courses served in this way: first a jellied bouillon; then a creamed meat or fish dish, or croquettes; followed by a salad; then a sweet dish and coffee. In choosing dishes for buffet refreshments they have to be of the kind which can easily be eaten from the plate held in one hand with the fork or spoon in the other. Knives are not used, for the guests do not sit at tables, and are not expected to make tables of their laps.

QUERY No. 4289. — "Is it necessary to use Powdered Sugar in making ladyfingers and the finer kind of little cakes? What is the Castor Sugar we find so often mentioned in the English cookery books?"

Use of Powdered Sugar, Castor Sugar

In our own experience we find it best to use a fine granulated sugar for ladyfingers and all other fine cakes, whether

large or small. The sugar should be fine enough to go through the flour sifter, and if a part does not go through it can be rolled and then sifted again. We get much better results from the use of fine granulated than from powdered sugar. It may even, in emergency, be used for the uncooked icings.

Castor sugar is equivalent to our granulated sugar of today. It was a fine white sugar that at one time was less common than the brown or coffee sugar, and was specified in recipes where the brown sugar would not give the desired results. So far as we know, the term is now found only in the cookery books of a generation ago.

QUERY No. 4290. — "I expect to entertain our Bird Study Club to luncheon, and thought of having small birds, squab or any other kind, for individual servings. Can you suggest some odd and pretty way to cook and serve them? Also will you please give me a recipe for a Chocolate Sponge Roll, with Marshmallow Filling?"

Service of Small Birds

You might truss the squab or other small birds in the same manner as you do a roast chicken, using very small skewers, and roast them on the rack of a roasting-pan in a hot oven, basting every ten minutes. A half-hour or less in a hot oven should be enough. Have ready oval paper cases, each large enough to hold a bird. Brush over the outside with white of egg, and dip in exceedingly fine-chopped fresh parsley, so that the case looks like a mossy nest. If you cannot find, or improvise, paper cases you might try patty shells, or small oval tart shells, or at the worst, oval serving dishes of small size. After laying in each bird, fill in the cavities around it with cress, parsley, chopped green lettuce, or any other greens. Place on individual plates, garnished with vegetables cut in fancy shapes.

Chocolate Sponge Roll with Marshmallow Filling

Make a sponge cake according to your favorite recipe, or as follows: Beat the

yolks of four eggs until thick and light-colored; add one-third a cup of cold water, one cup of sugar, and one cup and one-fourth of pastry flour, sifted with one teaspoonful of baking powder, one-fourth a teaspoonful of salt, and one-fourth a cup of cocoa, and, if desired, one-half a teaspoonful of ground cinnamon. Lastly, add the stiff-beaten whites of the four eggs, and bake in a shallow, rectangular pan. Be careful it does not bake too long — from twenty to twenty-five minutes should be enough — then turn out on a sheet of manila paper, quickly cut off the edges all around, spread with the marshmallow filling, roll, wrap a piece of cheesecloth around it, and let stand until cool.

Marshmallow Filling

Boil one cup and one-half of sugar in one-half a cup of milk six minutes. Have ready one-half a pound of marshmallows cut into small pieces and partially melted in a bowl containing one-fourth a cup of boiling water set in a saucepan of boiling water. Pour the cooked syrup over the marshmallows; remove the bowl from the saucepan, and add if you wish, one-half a teaspoonful of vanilla, and beat until it is stiff enough to spread. If you use a thermometer, the syrup should be 230° Fah., before adding to the marshmallows.

QUERY No. 4291. — "At your convenience, will you tell me what is a Crumb Pie? One was recently sent to President Harding. I never heard of such a pie until I read about this gift to our President, and I wish very much to know how it is made."

Harding (?) Crumb Pie

We are far from guaranteeing the recipe we give to be that followed in making the President's pie, but we do guarantee our pie to be very good.

Roll and sift enough hard, dry bread to make a pint of fine crumbs. Put into a square of cheesecloth large enough to hold, bag-fashion, by the corners, and dip into boiling water. Immediately press out as much of the water as possible, put

**Healthful
Reliable
Economical**

*The prudent
housewife avoids
substitutes, which may
contain alum, and uses*

**ROYAL
BAKING
POWDER**

Absolutely Pure

*Made from Cream of Tartar,
derived from grapes.*



the crumbs into a mixing-bowl, and while still warm add one-fourth a cup of butter, one or more cups of medium cream, and one-half a cup of sugar, mixed with one-half a teaspoonful of cinnamon, one-fourth a teaspoonful of cloves, and one-fourth of one nutmeg, grated. Quickly and rapidly stir in the unbeaten yolks of two or three eggs, and stir and beat until no streaks remain. Chop and flour one cup of seeded raisins, and if you like, one-fourth a cup of fine-shaved citron. Lastly, beat in the not too stiff-beaten whites of the eggs; put the mixture into a pastry shell already baked, and cook in a moderate oven until the filling is set.

This pie can be made with fresh bread, crumbled, without the use of hot water, adding heated cream enough to be absorbed by the crumbs, and beating until the mixture is quite smooth. Then proceed as already directed. The recipe is from an old Southern source, and the pie, to be successful, must be made with brains — that is, judgment must be used as to how much cream should be added, and how much the whites of the eggs should be beaten. The last should be beaten only enough to froth all through, and cream should be added to make a medium batter, one that will break a little in the pouring. Milk may be used instead of cream.

QUERY No. 4292. — "Should the Guest of Honor at a luncheon party be seated at the right of the hostess? Should she be served first to every course? Is the hostess ever served the first?"

Concerning the Guest of Honor at a Luncheon

The guest of honor at a luncheon should be seated at the right of the hostess, and the hostess should sit at the head of the table, i. e., the end farthest from the door. The guest of honor may, correctly, be served first to every course, and this is the better way, if the guest be a person of unusual distinction or nation-wide fame. But in ordinary cases the alternate method of serving is that most in vogue,

and this means that the sequence begins, alternately, at the head and foot of the table, and at the right and left of those seated there. But in serving this way care must be taken that the guest of honor is never the last one to be served to any course, and that this guest is always served first to the main courses of the meal: the soup, the chief meat dish, and the sweet course. Yes, the hostess may direct that she shall be served first; this obviates the necessity for others in her neighborhood to wait to begin to eat until she is served, it also enables her to set the fashion in the use of some novel appliance, or in the method of eating some foreign or unusual dish.

Renewing Oil Stove Wicks

THERE are thousands of wicks in oil stoves, in farm and city kitchens, that are discarded each year, uselessly. The average wick has a burning space of about three-fourths of an inch. When that is gone the cotton wick is too short to carry oil from the supply at the bottom of the burner up to the flame. Yet, there is more than two inches of wick left that is thrown away.

I've found that a few minutes will make two of these wicks into one, and save the renewal cost, which is about 35 cents here. Pry back the little clamps at the bottom of the wick. Pull the wick out, and cut a piece from a discarded wick high enough to make the old wick as long as when first bought. Place the small piece in the bottom of the shell, and the longer part of the wick on top. There is no need to sew or fasten the wicks together. Capillary attraction will take place where the wicks touch. Pinch the clips down flat at the bottom, and it's done. I've just fixed up two wicks at a saving of 70 cents, and it took about ten minutes. That's making money fast enough these days, when every cent must be saved. One old wick will renew three or four others, if you have that many discarded ones.

E. R.

How to Make Pineapple Jam

In Ten Minutes—Or Delectable Strawberry Jam by the Quick, Sure, Certo Process



PINEAPPLE JAM

Use large can of grated pineapple or if sliced put through food chopper; measure out 4 cups of fruit and juice into large saucepan, adding a little water if necessary to fill the fourth cup, then add 7½ level cups (3½ lbs.) sugar.



Stir, bring to boil and boil hard one minute.

Cookbooks previous to 1922 contained no recipes like these. To-day by the Certo process you can make pure jams and jellies from all fresh fruits, even pineapple and strawberries, from bottled fruit juice, from

all canned and dried fruits, quickly and surely.



Remove from fire and stir in one bottle of Certo.

CERTO

(Surejell)

"Mother Nature's Year Round Jell-Maker"

Certo is a pure food product — contains no gelatine or preservative. It is Nature's concentrated jelly-maker, put up in practical form to take chance and guesswork out of jelly and jam making.

With Certo you use fully-ripened fruit; the fruit juices always "jell," no tedious re-boiling, no wasted batches. The short boiling period is an economy of fruit juices; you get one-half more jelly from given quantity of fruit and retain flavor and color of fruit.

STRAWBERRY JAM

Crush well in single layers about two quarts of ripe berries, using wooden masher and discarding all green parts. Measure 4 cups crushed berries and 7½ leveled cups (3½ lbs.) sugar into good sized preserving kettle. Mix well, stir hard and constantly. Bring to vigorous boil over hottest fire. Boil hard 1 full minute, continually stirring. Take from fire and add ½ bottle (scant ½ cup) Certo, stirring in well. From time jam is taken off fire, let stand 5 minutes only, by the clock, before pouring. In meantime skim, stir a little to cool slightly, then pour quickly into sterilized glasses.

Skim and pour into glasses. This amount will fill about fifteen 6-ounce glasses at cost of 6c or 7c a glass.



Certo is highly recommended by cooking experts, and housewives who have used it are enthusiastic

The Certo Book of Recipes will tell you how to make pineapple jelly, strawberry jelly and nearly 100 other jams, jellies and marmalades. A copy comes with every bottle of Certo; write for extra free copies; we are glad to send them.

Your grocer carries Certo or can order it for you. Or you can get a bottle by parcel post prepaid for 35c. As we are sure you will want Certo conveniently at hand all through the jelly-making season, kindly send us your grocer's name and address and we will see that you and your friends are kept supplied.

Get a bottle today; surprise your family with a new "sweet" — make a joy of jelly-making.

PECTIN SALES CO., Inc.
450 East Avenue, Rochester, N. Y.



The Silver Lining

Two Dollars Saved

A man rushed up to the home of a doctor in the village late one night and asked him to come at once to a distant farmhouse.

The doctor hitched up his horse and they drove furiously to the farmer's home.

Upon their arrival the farmer asked, "How much is your fee, doctor?"

"Three dollars," said the physician, in surprise.

"Here you are," handing over the money; "the blamed liveryman wanted \$5 to drive me home." — *Chicago Tribune*.

Before or After

The nurses and students at a certain London hospital were rehearsing a Greek play — in English. They were to perform it at a concert in aid of their exchequer.

Velvet Grip HOSE SUPPORTERS

Equipped with our famous **Oblong ALL-Rubber Button** clasps, hold the stockings in place securely — and without injury to the most delicate silk fabric.



Velvet Grip Hose Supporters
For ALL the Family
Are Sold Everywhere

Made by the George Frost Company, Boston

There was an elderly woman at the rehearsal. She seemed a little mystified.

Eventually she turned to the girl beside her and said in a puzzled voice: "Let me see, dear — Euripides — was he before Venizelos?" — *Kansas City Star*.

Discontented

"Are you really content to spend your life walking round the country, begging?"

"No, lady," answered Weary Willie. "Many's the time I've wished I had an auto." — *American Legion Weekly*.

"Do you think there is an invisible government at work?" "If there is any government at work, it is invisible." — *Life*.

This bit from the *Youngstown Telegram* would "go" rather better in England: Teacher: "What is a mummy?"

Junior: "A mummy is — a mummy is — a mummy is a poppy's wife."

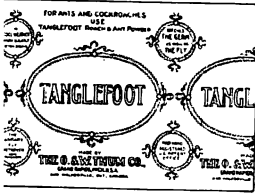
"So you desire to become my son-in-law?" "No, I don't. But if I marry your daughter, sir, I don't very well see how I can get out of it." — *London Weekly Telegraph*.

Boy: "Father, can you sign your name with your eyes shut?" Father: "Certainly." Boy: "Well, then, please shut your eyes and sign my report card." — *Boys' Magazine*.

History Lecturer: "Can any of you tell me what makes the Tower of Pisa lean?"


Corpulent Lady: "I don't know, or I would take some myself." — *London Opinion*.

An applicant was before the School Board applying for the position of teacher of the local school. "Do you teach round geography or flat geography?" queried



A Valuable Impression

A PLEASING impression upon customers is of value. You can create one and at the same time save your goods from damage by spreading sheets of **TANGLEFOOT** in your show windows, especially over Sunday.

 **TANGLEFOOT** will then be at work for you and will not only catch the flies, but attract the attention of people who pass your store to your efforts to keep your stock clean and fresh. For 1922 **TANGLEFOOT** has been considerably reduced in price.

Remember TANGLEFOOT catches the germ as well as the fly, and that poisons, traps or powders cannot do it

"Just right" Canning!

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CAST
ALUMINUM
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PRESERVING-KETTLES

Simply use Wagner Cast Aluminum Preserving Kettles. No scorching or burning. The thick walls and bottoms distribute the heat evenly. Wagner Kettles are just as superior for general cooking and they'll last a lifetime. No rivets to catch dirt, or to pull out. Every Wagner Kettle is cast solid by pouring into a mold; not stamped. Special offer. Fruit ladle, illustrated (75c value) is free with all kettles of 6 to 24 quarts.

Write for free booklet.
Wagner Ware is carried
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The Wagner Mfg. Co.
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"Choisa" Orange Pekoe Ceylon Tea

**Pre-War
Prices**

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$\frac{1}{2}$ -lb. Cartons, 35 cents



Pre-War Quality

We invite comparison with any tea
selling under \$1.00 a pound

S. S. PIERCE CO.

BOSTON

BROOKLINE

the head of trustees. "I am prepared to teach either," came the reply. He got the job. — *Judge*.

To a priest came a young woman one day, who had an exaggerated idea of her charms, and who confessed she feared she had a besetting sin. "And what is it?" asked the priest, kindly. "It is this," she replied, her eyes cast down. "Every time I pass a mirror I think of my beauty." "Faith, daughter," said the priest, "that's no sin, no sin at all. Just a slight mistake, daughter, just a trifling error in judgment."

Richmond Christian Advocate.

Another charge is laid against the religious press. Harold Bell Wright confesses the first perpetration of his literary career, his maiden effort, was accepted by the *Christian Standard*. That drove him on to his first novel, which was also published in a church journal, the *Christian Century*. "To be exact, I should say it was published in part. The editor cut it — he cut it religiously — one might say he carved it. In answer to my protests this Christian editorial martyr explained gently, 'But, my dear boy, your drunken men actually stagger; and really, you know, my readers do not like to see such things.' Years have taught me that the editor was right; drunken men must not stagger."

Bernard Shaw says he doesn't care to visit the United States. He doesn't have to. The show managers and publishers send his money over to him. Some less fortunate people in England have to come after theirs. — *Evening Mai*.

Pestor (looking up from his newspaper): "I say, Jim, what is the Order of the Bath?" Nestor (embracing the opportunity): "Well, as I've experienced it, it's first the water's too hot, then it's too cold; then you're short a towel; then you step on the soap, and, finally, the telephone bell rings!" — *Life*.



Splendo

$\frac{1}{2}$ cup dates
1 banana
 $\frac{1}{4}$ cup nut meats
 $\frac{1}{2}$ cup Campfire Marshmallows
Cream

Wash and stone dates and cut in small pieces. Peel and scrape banana, cut in fourths crosswise and in eighths lengthwise and roll each piece in nut meats finely chopped. Cut each Campfire Marshmallow in four pieces. Arrange ingredients in serving dish; serve with cream.

Recipe printed on
each package

Campfire
WHITE
Marshmallows

The big
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package

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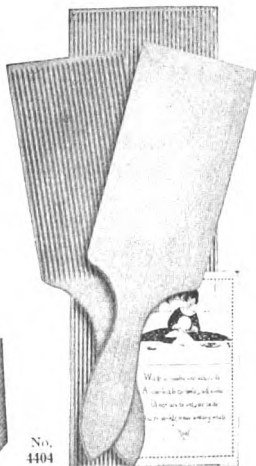
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Set of Three Graters

To grate vegetables, fruits, nuts or spices—very coarse or very fine. A grater for every need. Set, postpaid, 85c



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Butter ball moulds of white wood decorated with buttercup design. A useful gift. Pair, postpaid, 85c



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French fry potato cutters cut potatoes in even strips quickly and all at one time. Also useful for cutting fruits and vegetables for salads. Postpaid, \$1



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Wedgewood Cups. Package of 12 tumbler-size, fibre cups with lids. Most sanitary and convenient for preserving. Stand hot or cold liquids. Highly attractive for table service. Package, 60c



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This Pineapple Snip removes pineapple "eyes" quickly and better and cleaner than with paring knife. Postpaid, 85c



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Fruit Board, Tray and Knife. Tray with groove to save fruit juices. Fruit design on board and knife. Set, \$2



No. 4418
loosest mixture Orange Pekoe in an attractive container that serves as a tea caddy. A fine gift. Postpaid, 65c



No. 4407
Rolling mincing knife to slice or shred fruit or vegetables for salads quickly. Postpaid, \$1

Get full strength and flavor of pepper by grinding just before using. Old-fashioned Pepper Mill, finished in polished wood. Postpaid, \$1



No. 4409

Select gifts for your friends from this page of useful and thoughtful remembrances. Each gift is attractively boxed and sent postpaid. One of our new catalogs just out illustrates dozens of "Shower Gifts." Another is a book of "Baby Belongings." Either or both sent on request.



No. 4405

These spoons are the only kind that should be used when preserving or making salads. In four, all different sizes, made of hard wood. Very serviceable. Set, \$1.50

Look for Pohlsen things in stores and gift shops

The Pohlsen Gift Shops, Pawtucket, R. I.

DR PRICE'S VANILLA



DO you realize how important it is to have vanilla that is just right in strength? Too strong vanilla often brings disastrous results because it overflavors; too weak vanilla leaves your cooking flat and tasteless.

Price's Vanilla is always the same high quality; always evenly balanced in strength—neither weak nor too strong.

Price's Vanilla is the pure extract from choicest vanilla beans. It is aged in wood to bring out all its richness and delicate flavor. You will like Price's Vanilla the same as other women have for nearly seventy years. Ask for it by name from your grocer. Write for our new book of recipes—"Delicious Desserts and Candies." It is free.

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Price's
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on the
label.



PRICE FLAVORING EXTRACT CO.
"Experts in Flavor" **Chicago, Ill.**

A Scientific Process Takes the Risk out of Jelly-Making

Perhaps the first housewife to use "store" baking powder instead of the home-made mixture of bicarbonate of soda and sour milk had something of the sensation that comes to the woman today when she "Certo-processes" her first batch of jelly. For the first time she is making jelly by an accurate process; one which reduces the boiling point to one minute and by means of which the fruit juice always "jells."

When fruit juices refused to become jelly in those hot, sticky summer days, educated cooks knew the probable reason, the absence or insufficiency of pectin. But knowledge of the cause was of little help in overcoming the difficulty. Housewives and professional cooks alike tried to safeguard their labors by confining jelly-making to fruits known to be high in pectin, or in selecting for jelly-making grapes and currants not fully ripened.

The Certo process is based on the use of a fruit product containing highly concentrated pectin; this is carefully prepared and bottled. With each bottle are accurate directions as to how much to use with any given fruit. One might better say with all fruits, for in this way you make jelly out of a much increased variety of fruits.

There was perhaps a reason why patchwork and jelly-making stood for the fine arts with our foremothers. They represented the two highest points of feminine achievement. But a housewife is still proud of presenting her own homemade glasses of jams and jellies. No commercial mark gives her quite the same thrill. Now that the natural fruit pectin in a reliable, usable form is to be obtained we should see an increased number of pantry shelves devoted to such home-made dainties.

Going One Better

The meeting of the town council had been stormy, and tempers were waxing hot.

Ripe Olives Exceed Potatoes in Calories

ADDED to the deliciousness of Ripe Olives is a nutritive value which makes them an unusually beneficial food. Too often they are looked upon as merely a condiment or relish.

A brief study of the content of Ripe Olives proves their value as a food. They contain protein, fat and carbohydrates and their fuel value is 958 calories to the pound.

Their 2 per cent of protein puts them nearly on a par with boiled rice and boiled potatoes in this one element.

With 21 per cent of fat or oil they provide nourishment which many staples lack, while in calories to the pound they compare with bread, which has 1215 and exceed boiled rice and boiled potatoes.

In addition, Ripe Olives are easily digested and readily assimilated which makes them a particularly valuable food. Ripe Olives as a source of muscular energy form a valuable supplement to other foods. They belong in menus.

California Ripe Olives, packed by members of the California Olive Association, are fully ripened on the trees.

They are matured as Nature intends them to be and in this state provide the essential nourishment in the largest quantities.

They are processed by the most advanced methods, and sterilized at a temperature of 240 degrees Fahrenheit for forty minutes.

They are a delicious, nourishing and wholesome food.

California Olive Association

Los Angeles, California

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*They Stretch
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Boston Woven Hose & Rubber Company
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THE products of the fry pan are a source of indigestion, with which most people are troubled. The **DUPLEX DRIPLESS BROILER** positively overcomes this.

Heretofore, there has been no convenient cooking utensil for broiling without wasting the juices and smoking and greasing the stove. The **DUPLEX DRIPLESS BROILER** will broil perfectly over any fire without one particle of the juice being wasted, or causing smoke, or soiling the stove.

The **DUPLEX DRIPLESS BROILER** operates with a very low fire, the heat being drawn up and around the steak, chops, etc., by action of the heat current around the tubular channels running to the main trough.

The **DUPLEX DRIPLESS BROILER** is a modern convenience for economical and scientific cooking, and a necessity in the kitchen. Made of cast aluminum and nicely finished. If you cannot buy this Broiler from your dealer, send us his name and \$3.50 and we will send one, postpaid.

Satisfaction guaranteed or money refunded

DUNDEE MFG. CO., Inc., 19 Edinboro St., BOSTON
Established 1888

"You, sir," shouted one member at another, "are about the most pig-headed fool I have ever met!"

"Order, order!" interrupted the chairman. "You gentlemen seem to forget that I am in the room." — *Pearson's Magazine*.

Still Danger

The Rector — "And now, I suppose, you are out of danger?"

Parishioner — "Well, zur, not exactly; the doctor says he be a-comin' one or two more times." — *London Opinion*.

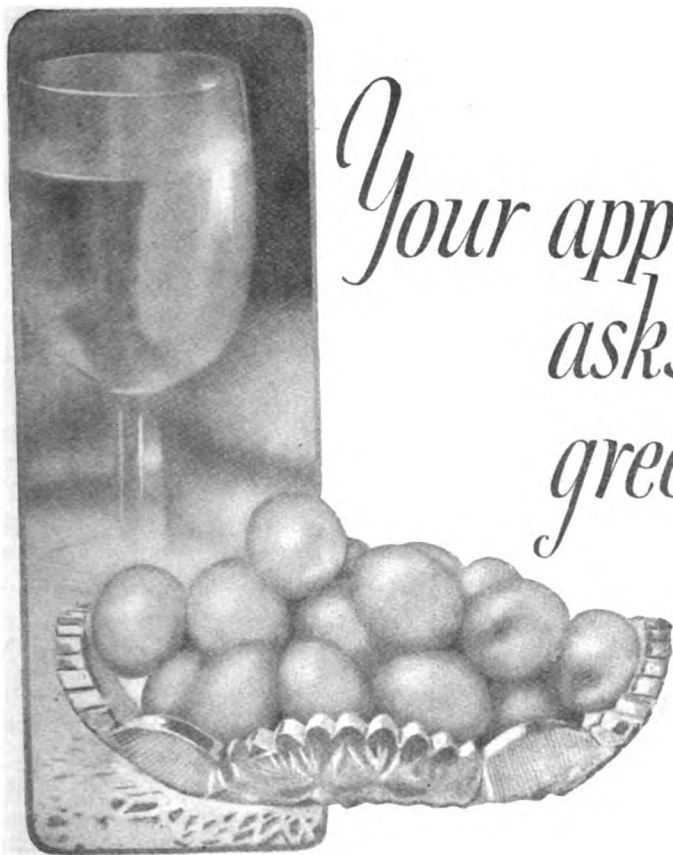
When the first airplane was expected in a little Red River town many persons gathered to see it land on the sand-bar. Near the edge of the crowd stood a black mammy and Uncle George, a little, old darky with a fringe of white whiskers around his gentle, wrinkled face. As the plane appeared in the distant sky Aunt Amelia rocked her huge body back and forth in true camp-meeting style, and, beating her hands in time to her swaying, cried: "Thank de Lord! Thank de Lord!" Uncle George gazed up in silence until the wonder came very near, then, raising his trembling hands devoutly, he exclaimed, "I's ninety years old and dat's de onliest piece of God's furniture I ebber see." — *Harper's Magazine*.

"How John and Mary Live and Save on \$35 a Week"

THIS little story tells how a young couple are getting ahead by planning the family spending and by "stretching" the family dollars.

If you depend on a weekly pay envelope, this booklet will help you to live more comfortably, and *save more money*.

The price of the booklet is 10 cents — it may be worth \$10 to you. *Send for it.* American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



*Your appetite
asks for
green olives*

WHEN you get hungry for green olives, you simply have to have some. Your appetite craves the delicious tang, the salty olive flavor.

And you can eat all you want. Green olives are good for you. The olive oil in them is wholesome—healthful. Children can eat them—lots of them.

Green olives give indifferent

appetites a new interest in meals—they are the finest of appetizers. Famous chefs consider green olives an indispensable part of the dinner.

They make delicious salads and sandwiches. Use them for garnishes. Keep a bottle or two on your shelves. Green olives add to any luncheon or dinner.

Why not enjoy a bottle of green olives today?

Spanish

AMERICAN IMPORTERS
of Spanish Green Olives

GREEN OLIVES

Junket

MADE with MILK

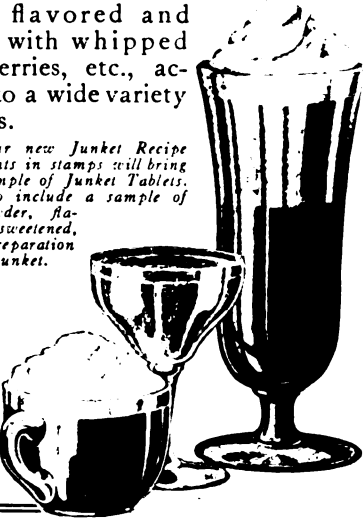
The wonderful little Junket Tablet changes Milk into a delicate, delicious dessert that is both wholesome and so enjoyable.

Can be flavored and adorned with whipped cream, berries, etc., according to a wide variety of recipes.

Send for our new Junket Recipe Book; 4 cents in stamps will bring it with a sample of Junket Tablets. We will also include a sample of Junket Powder, flavored and sweetened, our newest preparation for making Junket.

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JUNKET
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WHOEVER HEARD
OF BAKING IN A POT?



WRITE FOR THE STORY OF

THE MASTER BAKE POT

BAKES OVER THE OPEN FLAME
SAVES 75 PER CENT IN GAS

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42 Meals with receipts and directions for preparing each. 48 pp. 10c.
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8 Inches Square, 5 Inches High

You can be the best cake maker in your club or town. You can make the same Angel Food Cake and many other kinds that I make and sell at \$3 a loaf—profit, \$2, if you

Learn the Osborn Cake Making System

My methods are different. They are the result of twenty years' experience as a domestic science expert. My way is easy to learn. It never fails. I have taught thousands. Let me send you full particulars FREE.

Mrs. Grace Osborn Dept. 145 Bay City, Mich.

Dreaming

At a certain Cabinet meeting in the autumn, M. Briand noticed that his colleague, M. Loucheur, was fast asleep, and, as usual, smiling. "Don't wake him," said the Prime Minister, "he is dreaming that the Germans will pay."

"What's your name, prisoner?" asked the Judge as he peered at the shambling black man. "Mah name's Joshua, Jedge," was the reply. "Joshua, eh?" said the judge, as he rubbed his hands. "Joshua, you say? Are you that same Joshua spoken of in Holy Writ—the Joshua who made the sun stand still?" "No, Jedge," was the hasty answer, "'twarn't me. Ah'm de Joshua dat made de moonshine."

To Live Better and Save More

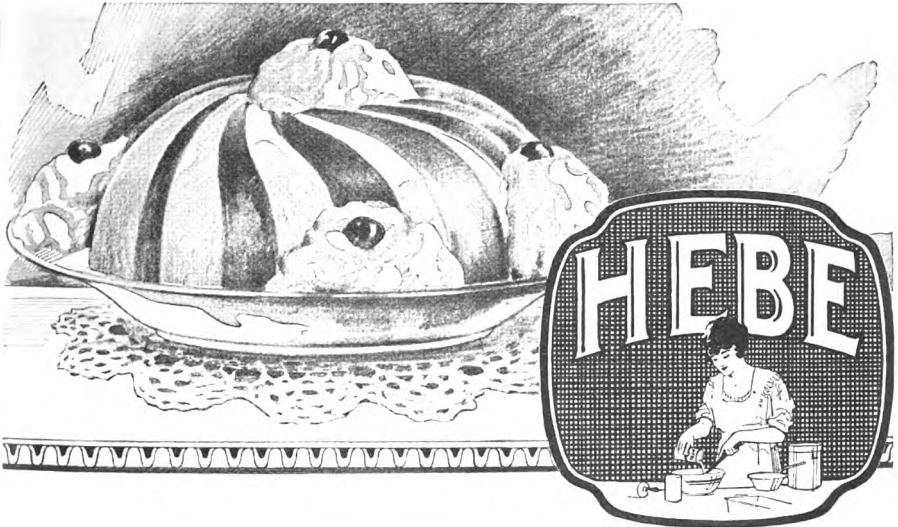
PLAN your spending, keep track of your expenses to see that you spend the way you *want* to spend. Then you will get more for your money, and can easily save more.

A way has been found for keeping track of family expenses *without household accounts!* Deposit your income in your bank and write checks for your bills and when you need cash; then the bank and the Self-Accounting Check Record will give you full accounting. This record is no extra trouble to keep, a child can do it.

At all times you know how near you are spending according to your plan or budget. This simple system can't go wrong, for your bank stands behind you and their records show up any mistakes or omissions.

This practical budget system will enable you to *live better* and also save, in a year, \$200 to \$500, extra, *real money in your bank!*

For one dollar we will send you a Self-Accounting Check Record for twelve months with full directions, four Weekly Allowance Books and "The Art of Spending." Full refund if not satisfactory. American School of Home Economics, 503 W. 69th Street, Chicago. *Adv.*



Dainty summer desserts made economically

HEBE makes it possible to have the most delicious, light and healthful desserts all through the summer. With HEBE, they are easily prepared, nutritious and inexpensive.

Chocolate custard is made with 1 cup HEBE, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cocoa, and 6 tablespoons corn starch. Bring to a boil and cook for five minutes, then add 1 teaspoon vanilla and $\frac{1}{4}$ teaspoon cinnamon, and beat to mix. Rinse mould in cold water, pour in the custard and put aside to set. Serve with whipped cream.

It's a pleasure to cook with HEBE, especially in summer. With HEBE in the pantry, always sweet, pure and good, it's easy to give the family "something different." Try it—use it in anything you cook or bake. Teachers of cooking are demonstrating it in the classroom.

HEBE is pure skimmed milk evaporated to double strength enriched with vegetable fat. In cooking it moistens, shortens and enriches—an ideal cooking liquid.

Get HEBE from your grocer and write for the HEBE recipe book, full of economical suggestions. Address 2515 Consumers Bldg., Chicago.

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DELICIOUS AND SUSTAINING
DIABETIC FOODS
 QUICKLY MADE WITH
 RICH IN PROTEIN AND FAT **Flapco FLOUR** CONTAINS PRACTICALLY NO STARCH
Twenty Cents Brings a Generous Sample
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SERVICE TABLE WAGON

 Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undersheives — "Scientifically Silent" — Rubber Tired Swivel Wheels. A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. Write now for descriptive pamphlet and dealer's name. **COMBINATION PRODUCTS CO.** 5411 Concord Bldg. Chicago, Ill.
 ★ IT SERVES YOUR HOME & SAVES YOUR TIME

Trade Mark Registered.
Gluten Flour
 40% GLUTEN
 Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
 Manufactured by **FARWELL & RHINES**
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Roberts Lightning Mixer
 Beats Everything

 Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk, powdered milk, baby foods and all drinks.
 Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives and endorsed by leading household magazines.
 If your dealer does not carry this, we will send prepaid quart size \$1.25, pint size 90c. Far West and South, quart \$1.40, pint \$1.00. Recipe book free with mixer.
NATIONAL CO. CAMBRIDGE 39, BOSTON, MASS.

A Dishwasher for \$2.50!

Keeps hands out of the water, no wiping of dishes, saves 1/2 the time. Consists of special folding dishdrainer, special wire basket, 2 special long-handled brushes. Full directions for use. Sent prepaid for \$2.50. Full refund if not satisfactory.

Am. School of Home Economics, 503 W. 69th St., Chicago

Uncertain About It

"Aha!" exclaimed a man on Market Street. "See a pin and pick it up, and all the day you'll have good luck," and as he bent over to pick it up, his hat fell into the mud, his glasses dropped from his nose and smashed on the sidewalk, he burst three suspender buttons and tore the buttonhole out of the neckband of his shirt. — *San Francisco Chronicle.*

"Home-Making as a Profession"

HOME-MAKING is the greatest of all the professions — greatest in numbers and greatest in its influence on the individual and on society. All industry is conducted for the home, directly or indirectly, but the industries directly allied to the home are vastly important, as the food industries, clothing industries, etc. Study of home economics leads directly to many well paid vocations as well as to home efficiency.

Since 1905 the American School of Home Economics has given home-study courses to over 30,000 housekeepers, teachers, and others. The special textbooks have been used for class work in over 500 schools.

Of late years, courses have been developed fitting for many well paid positions:— Institution Management, Tea Room and Lunchroom Management, Teaching of Domestic Science, Home Demonstrators, Dietitians, Nurses, Dress-making, "Cooking for Profit." Home-Makers' Courses:— Complete Home Economics, Household Engineering, Lessons in Cooking, The Art of Spending.

BULLETINS: Free-Hand Cooking, Ten-cent Meals, Food Values, Family Finance, Art of Spending, Weekly Allowance Book, *10c. each.*

Details of any of the courses and interesting 80-page illustrated handbook, "The Profession of Home-Making" sent on request. American School of Home Economics, 503 W. 69th Street, Chicago.

—Adv.

These four Recipes are all made from one Box of **KNOX** SPARKLING GELATINE

— BY MRS. KNOX —

A MEAT LOAF

That Serves a Family of Six

Soak $\frac{1}{2}$ envelope Knox Sparkling Gelatine in $\frac{1}{2}$ cup cold water ten minutes. Take one cup of any left-over stock, bouillon or diluted gravy, bring to boiling point and add dissolved gelatine. Pour in square mold; when mixture begins to stiffen, add one cup of any cold chopped meat at hand (veal, ham, beef, or chicken seasoned well). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Chill and cut in slices for serving.

A TOMATO SALAD

Plenty for Six Servings

Soak $\frac{1}{2}$ envelope Knox Sparkling Gelatine in $\frac{1}{2}$ cup cold water ten minutes. Take $1\frac{1}{2}$ cups of any left-over tomato stew or soup, bring to the boiling point and add dissolved gelatine. Season well. A little chopped onion, pepper or celery may be added for flavor. Strain, turn into mold and chill. Cut in thin slices and serve on lettuce leaves with mayonnaise, or mold in individual cups. If any hard boiled eggs are at hand, place slice in bottom of small cups and fill with the tomato mixture. Or the tomato jelly may be molded in a thin sheet, cut in squares, spread with cream cheese and put together sandwich fashion.

CHOCOLATE SPONGE PUDDING

Making Enough for Six People

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup boiling water

1 teaspoonful vanilla
 $\frac{1}{2}$ cup sugar
3 eggs

Few grains of salt
2 squares chocolate or
6 tablespoonfuls cocoa

Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks, one at a time, to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve with whipped cream or whipped evaporated milk.

COCOANUT FUDGE CANDY

Which Makes a Pound of Delicious Candy

Soak $\frac{1}{2}$ envelope Knox Sparkling Gelatine in 3 tablespoonfuls cold water five minutes. Put two cups sugar and one cup milk in saucepan, bring to boiling point and let boil until when tried in cold water a soft ball may be formed. Remove from range, add soaked gelatine, $\frac{1}{2}$ tablespoonful butter and one teaspoonful vanilla. Beat until creamy, and add one cup shredded cocoanut and turn into a buttered pan.

Two Remarkable Booklets — Free

Send for "Dainty Desserts" and "Food Economy," the famous Knox booklets of delicious and economical recipes. Just enclose 4c for postage and mention your grocer's name.

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.



▲ Plain Sparkling
Gelatine for
general use



▲ Contains Lemon
Flavoring. No
lemons required.

Knox Sparkling Gelatine
107 Knox Ave., Johnstown, N. Y.



Try Our
**Superfine
Macaroni**

Ask Any Good Grocer

PRINCE MACARONI MFG. CO.

207 Commercial Street, Boston

**Cream Whipping Made
Easy and Inexpensive**

CREMO-VESCO

**Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle**

It whips up as easily as heavy cream
and retains its stiffness.

Every caterer and housekeeper
wants CREMO-VESCO.

Send for a bottle to-day.

Housekeeper's size, 1½ oz., .30 prepaid

Caterer's size, 16 oz., \$1.00 "

(With full directions)

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

Pacific Coast Agents.

MILES MFG. CO., 949-951 E. 2nd St., Los Angeles, Cal.

An experienced cook says that if you put vinegar in a pan at the same time onions are cooked the odor will not be noticed in the kitchen, while the onions are cooking. This might be worth trying with cabbage, too, as either of these odors prevent many onions and cabbage being cooked that otherwise would be added to regular meals.

Candle Salad

Sliced pineapples make the base of a candlestick for this salad. Take half a peeled banana, and stick in the hole of the pineapple slice. Drop a bit of red jelly, or maraschino cherries, on top of the candle—banana—for the red flame. Pour stiff-whipped cream over the base of the candle, and on side of the banana to show where the tallow has melted. This is a very delicious salad. E. R.

Cooking for Profit

BY ALICE BRADLEY

Principal, Miss Farmer's School of Cookery
Cooking Editor, Woman's Home Companion

IF YOU wish to earn money at home through home cooked food and catering—if you would like to own and conduct a food shop, candy kitchen, tea room, cafeteria or lunch room—if you wish to manage a profitable guest house or small hotel, you will be interested in this new correspondence course.

It explains just how to prepare food, "good enough to sell"; just what to cook, with many choice recipes; how to establish a reputation and a constant profitable market; how to cater for all occasions, and tells in detail how to establish and conduct successful tea rooms, etc.—how to manage *all* food service.

The expense for equipment is little or nothing at first, the correspondence instruction is under the personal direction of Miss Bradley which assures your success, the fee for the course is very moderate and may be paid on easy terms. For full details write to American School of Home Economics, 503 W. 69th Street, Chicago.

—Adv.



Your Next Purchase of Mustard
Should be —

STICKNEY & POOR'S

"Extra - Fine"

MUSTARD

Because of its full strength and fine flavor it adds just the
right taste to salad dressings of all kinds

SUMMER TIME MEANS SALAD TIME

The following inexpensive salad dressing is delicious. Try it. But be sure
you use Stickney & Poor's "Extra Fine" Mustard to get the best results.

S. & P. SALAD DRESSING

- | | |
|---|-----------------------|
| 1 Teaspoonful Stickney & Poor's Mustard | 1/2 Cup Vinegar |
| 1 Teaspoonful Salt | 1 Tablespoonful Sugar |
| 2 Tablespoonfuls Flour | 1 Egg |
| 1 1/2 Cups Milk | Butter Size of Egg |

Mix dry ingredients together — add egg, well beaten — then add milk.
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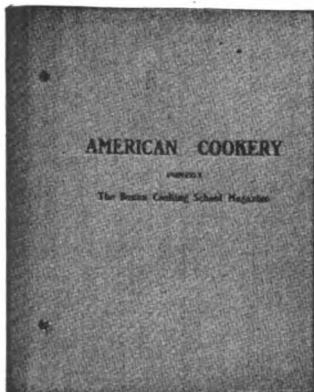
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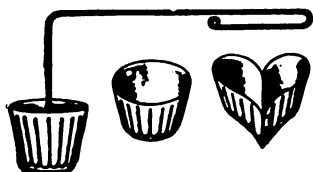
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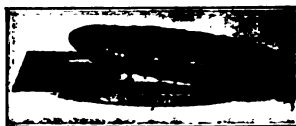
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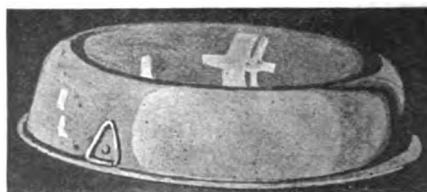
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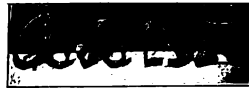
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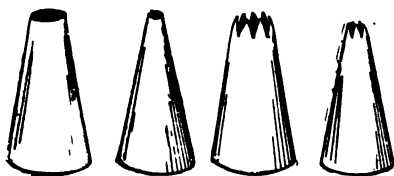
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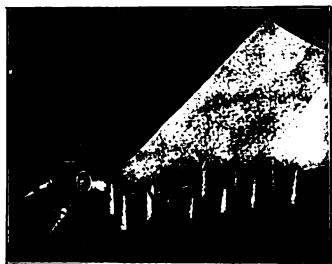


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